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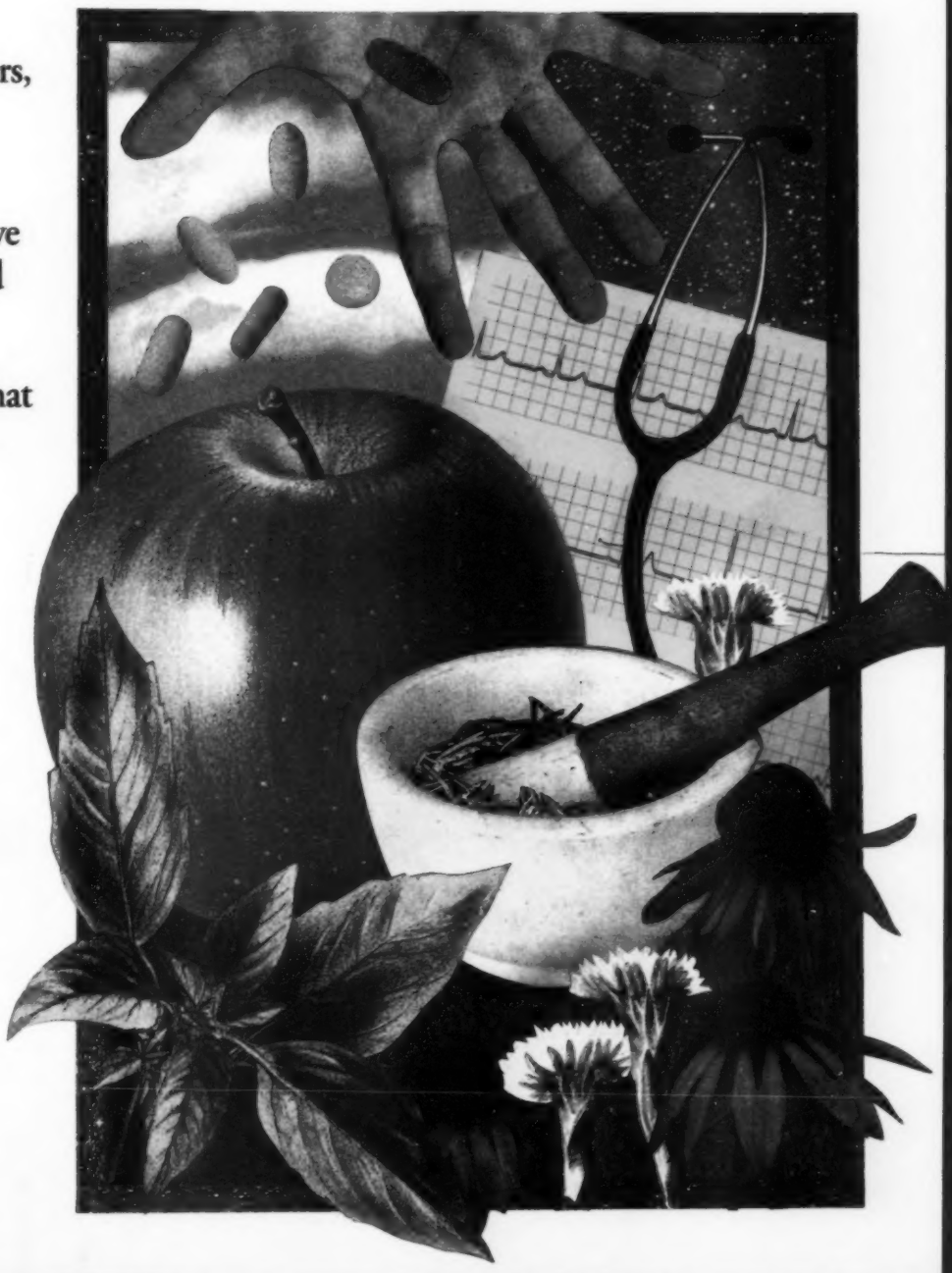

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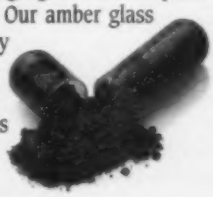

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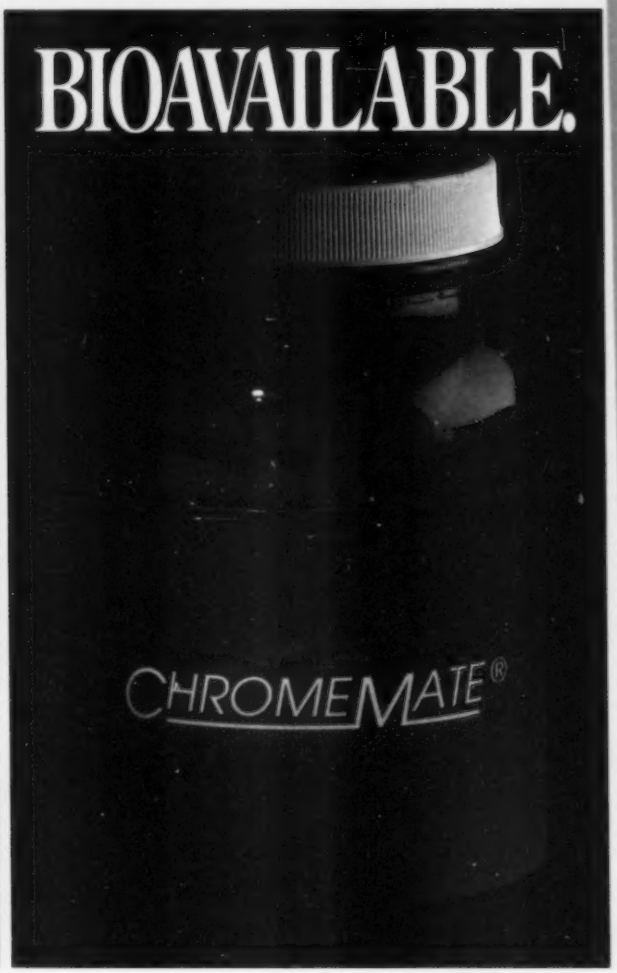

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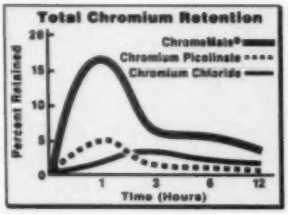

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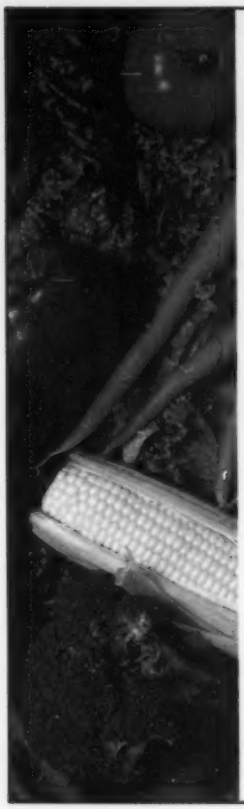

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WELCOME

IN THE TIME SINCE THE PUBLICATION OF LAST YEAR'S edition of this directory, interest in the holistic health field has all but exploded. Last September, the National Institutes of Health launched its ground-breaking Office of Alternative Medicine, charged with the task of investigating and evaluating unconventional treatments. A newsmaking study published in the *New England Journal of Medicine* in January documented for any still-doubtful M.D.s that the use of alternatives is indeed widespread—perhaps involving as many as one in three Americans. And in February, Bill Moyers's provocative "Healing and the Mind" series on PBS brought insights into mind-body medicine to a vast mainstream audience. Such attention only confirms what many of us have known all along: We need not settle for medicine-as-usual. Viable health care alternatives exist—and more and more people are willing to seek them out.

If you happen to be one of those seeking a gentler, more human-scale approach to healing, the 1993-1994 HOLISTIC HEALTH DIRECTORY is designed to help you in your task. Perhaps you've been searching for a doctor who is as skilled in enhancing your wellness as in treating your illness. Or maybe you have a friend who just happened to solve nagging headaches like yours with herbs, or acupuncture, or a new diet. Or you just moved to a new community and need to find a new acupuncturist, or chiropractor, or therapist.

Whatever it is, you'd like to seek the help of a holistic health practitioner, and there are thousands here to choose from: doctors, therapists, bodyworkers, and natural healers. What's more, we've arranged them so you can quickly locate those in your local area—perhaps as close as your own city or town.

The following tips will make your use of the 1993-1994 HOLISTIC HEALTH DIRECTORY even more productive. As you navigate through these listings, which have been paid for by the individual practitioners, keep in mind:

• Practitioners have been divided first by field ("Natural and Holistic Healing," "Bodywork, Movement, and Energy Techniques," "Counseling," and "Resources"), then organized alphabetically within those fields by the specific type of service offered ("Acupressure" through "Zero Balancing"), then alphabetically by state, city, and practitioner. So if you're looking for, say, a homeopath near you in Santa Monica, you'd first flip to the "Natural and Holistic Healing" section, find "Homeopathy" and then "California," and scan down the listings to the Santa Monica addresses, located between those in Santa Barbara and those in Santa Rosa. (Note: Within the listings, Canada is treated as a state.)

• Those who are looking for a specific modality, such as "Feldenkrais Method," but are unsure as to what broad field it has been listed under, can also use the alphabetical index located at the end of this directory, on page 192.

• Many in the holistic health field practice a variety of modalities and are thus difficult to categorize under any one heading. For example, a practitioner listed under "Acupuncture" might also use therapeutic massage or Reiki as part of his or her practice. Our brief headings may not fully convey the range of approaches taken by the therapists listed. Many practitioners, in fact, have chosen to be listed under more than one heading.

AN INTRODUCTION TO USING THIS DIRECTORY

• The glossaries at the beginning of each of the four major sections are offered as merely introductory explanations of these sometimes hard-to-explain healing modalities. Ultimately, your own explorations and interviews with prospective practitioners will provide the clearest sense of what type of therapy is being offered.

• Above all, be a responsible consumer. Many people take more care choosing a new car than they do choosing a doctor. Investigate and interview any prospective practitioner. Become a partner in your own health care. Explore all of your options. (For tips on getting the most from your health care provider, see "Starting Out," beginning on page 9.)

Extensive as these listings are, we know we have not been able to reach all who might want to be listed here. For information about being included in future editions, see page 32. We also welcome comments and suggestions from readers (see insert card survey), as our goal is to make this directory as useful—and easy to use—as possible.

We hope that, with this directory, you're able to find the health care that is right for you.

—David Thorne, Publisher

The publication of names and services in the 1993-1994 HOLISTIC HEALTH DIRECTORY should not be construed as an endorsement of any specific practitioner or as evidence of the validity of any healing modality. Those using this guide should investigate any service offered with appropriate care and discernment before making a health care decision.

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STARTING OUT

A GUIDE TO THE WORLD OF HOLISTIC HEALTH

FINDING DR. RIGHT

HOW TO BE A SMART CONSUMER

THE GROWING INTEREST IN holistic health means that more options than ever before are available for those who want to explore the promise of these healing methods. But with these new options may come new confusion for the consumer. How do you sort through often unfamiliar therapies and credentials and find the best care? We asked some experts in the field of holistic health for their advice on how to be a smart consumer.

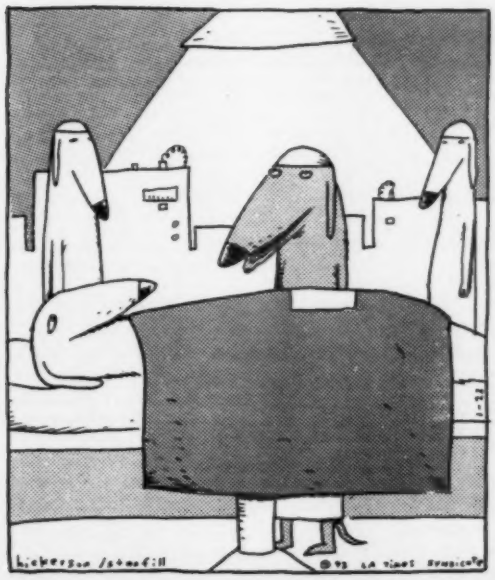
1 EXPLORE YOUR OPTIONS WHILE YOU ARE WELL. Don't wait until you are ill to find a practitioner you trust. You can make less rushed, more thoughtful decisions about practitioners when you are not distracted by the physical and emotional toll of an illness, notes Joan Borysenko, psychotherapist and cofounder of the Mind/Body Clinic at New England Deaconess Hospital.

Borysenko suggests that you set up a "get acquainted" visit with any practitioner you are considering. While this kind of shopping around may cost you some money, it can prove well worth the investment: Many holistic practitioners can work with you to help keep you well, and, should you become ill, just knowing that there is already a trusted practitioner to turn to can greatly reduce your stress.

2 DO YOUR HOMEWORK. If you do have a condition that you would like to treat with holistic methods, and you don't already have a practitioner or modality you prefer, how do you decide whether to turn to, say, an acupuncturist or a homeopath for care?

Because holistic therapies have not yet been widely embraced by the mainstream medical community, getting good information about a treatment's efficacy and uses is not as simple as looking through back issues of the *Journal of the American Medical Association.* Instead, it's up to the consumer to become his or her own best expert in this emerging field.

One place to start is networking with friends and acquaintances who may have had a similar condition and have obtained good results with a treatment or practitioner. Self-help groups organized around illnesses can also be helpful in this regard. Look through the holistic health titles in book stores or the book section of your local natural food store, or attend conferences at holistic learning centers on health topics.



"We're not exactly on the cutting edge of surgical techniques here . . . We're mostly into licking the wounds clean."

BUDDY HICKERSON/LA TIMES SYNDICATE

3 DON'T BE AFRAID TO EXPERIMENT. Finding a treatment regime that works for you can sometimes mean trying out a number of different healing methods. Says William J. Goldwag, a holistic M.D. with a practice in Stanton, California, "What works for one person may not work for someone else with the same problem. A lot of any medical practice—Western or otherwise—is trial and error. You start someplace and end up somewhere else."

4 IN THE EVENT OF SERIOUS ILLNESS, GET AN ADEQUATE DIAGNOSIS. Even if you do plan on having your illness treated with herbs, massage, or some other more-natural therapy, it's still a good idea to have serious symptoms first evaluated by someone who has had a thorough clinical training in diagnosis. Remember that receiving a diagnosis from a doctor doesn't mean that you have to follow his or her prescribed treatment—it's simply to give you information so that you can then make your own decisions about what course of treatment is right for you. "The worst case is someone

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who starts treatment with an alternative practitioner for persistent headaches, and it turns out later to be a brain tumor," says Fred Bishop, executive director of the International Foundation for Homeopathy.

5 INVESTIGATE A PRACTITIONER'S CREDENTIALS. There's a wide variation in the background and training of holistic practitioners: Licensing regulations governing specific fields—where they exist at all—often vary from state to state (see box, below). So it's important for you to inquire for yourself about a practitioner's background: Where and for how long did he or she train? Did that training include clinical experience, or was it done through the mail? Is the practitioner licensed or certified? What did that process entail? What conditions does the practitioner's training qualify him or her to treat? What conditions *can't* the practitioner treat? (It's worth being cautious of someone who assures you that his or her method can unquestionably cure "everything.")

If you want more information about the quality of a practitioner's training, associations that govern specific fields (such as the American Association of Naturopathic Physicians) can often offer an evaluation of a school or training program's reputation or provide a listing of practitioners who are officially certified or licensed.

Though such criteria are important, the lack of formal credentials should not necessarily rule someone out. Some of the most renowned healers have no formal training, especially in such fields as spiritual healing. Obviously, however, you need to be extra cautious in consulting any practitioner who doesn't have clear credentials.

6 GET CLEAR ABOUT YOUR TREATMENT PLAN BEFORE YOU BEGIN. Discuss what to expect from a treatment *before* you agree to it, recommends Alan Gaby, M.D., president-elect of the American Holistic Medical Association (AHMA). Among the points to go over with a practitioner: How many people have you treated with my condition? What percentage of the time do you have success in treating my condition? What are the possible adverse reactions or side effects of the treatment? How many visits will the treatment take? At what point is it reasonable to expect that I will feel better? How much will it cost? Is there any research or clinical studies to back up this treatment?

In evaluating responses, Gaby advises that you take the *tone* as well as the content into account. "I would rather have a practitioner tell me that 30 percent of people experience side effects than one who brushes off my questions or gets defensive," he says.

7 REMEMBER THAT YOU ARE IN CHARGE. At any time in the process, don't be afraid to stop a treatment if you don't feel that it is working for you. Don't worry about being a "bad patient" or hurting a practitioner's feelings: "The practitioner doesn't pay you; you pay the practitioner," says Dana Ullman, co-author of *Everybody's Guide to Homeopathic Medicines.* "So if this employee doesn't completely satisfy you, he or she should be replaced."

8 TRUST YOUR OWN IMPRESSIONS. Chemistry can be almost as important as credentials in finding the right practitioner. In their helpful brochure, "How to Choose a Holistic Health Practitioner," the AHMA offers some questions to reflect on in evaluating whether a practitioner is a good "fit" for you. Among them: Do you feel comfortable and cared for when you visit the office? Does the staff further your sense of well-being? Is your appointment time honored, or do you have to wait? How do you feel when you are in this environment? Is the practitioner accessible? Is the practitioner sensitive enough to place him/herself in your position regarding fears and anxieties about an illness or proposed treatment? Does he or she appear to represent a healthy lifestyle, or show signs of overwork, smoking, or excessive drinking?

If you would like to compare your impressions with those of other patients, ask for references from the doctor's roll of patients. Or you might strike up a conversation at the magazine rack in the waiting room to ask other patients about their experiences.

9 WHAT TO DO ABOUT DR. WRONG. A recent *Time*/CNN poll found that 84 percent of the people who visited an alternative practitioner would go back to one. But what should you do if you are dissatisfied with the treatment you have received? The first step in addressing your concerns may simply be a frank talk. If you have a serious complaint, Sally Nicholson, executive director of the AHMA, advises that you should complain at the state level to the board that issued the practitioner's license. For practitioners of modalities not licensed by the state, the procedure is less

CREDENTIALS

WHAT THOSE INITIALS MEAN

The following are some of the more common credentials of the holistic health profession.

ACSW Academy of Certified Social Workers. Members have passed an exam given by the National Association of Social Workers, based in Washington, DC. Prerequisites for the exam include a master's degree in social work (see MSW) and two years of full-time (or 3,000 hours of equivalent part-time) post-master's social-work experience and supervision.

AMTA American Massage Therapy Association. Members have graduated from an AMTA-accredited school, received licensing from an AMTA-approved state, or passed a certification exam given by the AMTA. The organization is based in Evanston, Illinois.

AP Acupuncture Physician. State certification in Florida. The state now grants the title Certified Acupuncturist (see CA).

BSN Bachelor of Science in Nursing.

CA Certified Acupuncturist (state certification).

CAR/ACR Certified Advanced Rolfer/Advanced Certified Rolfer. To qualify, an individual must be a Certified Rolfer (see CR) for a minimum of three years and earn 18 continuing education credits through the Rolf Institute in Boulder, Colorado. Individuals must then pass a six-week course at the Rolf Institute.

CBPM Certified Bonnie Prudden Myotherapist. Requires completion of a nine-month, 1,400-hour program at the Bonnie Prudden School for Physical Fitness and Myotherapy in Tucson, Arizona. After passing board exams, individuals must earn 45 hours of continuing education credits every other year to maintain certification.

CFP Certified Feldenkrais Practitioner. Requires completion of a professional training program accredited by The Feldenkrais Guild, active practice of the Feldenkrais Method, and continuing educational experience. Granted by The Feldenkrais Guild in Albany, Oregon.

CHt Certified Hypnotherapist. Organizations that certify hypnotherapists include the American Board of Hypnotherapy in Santa Ana, California; the National Guild of Hypnotists in Nashua, New Hampshire; and the International Medical and Dental Hypnotherapy Association in Royal Oak, Michigan. Requirements vary.

CISW Certified Independent Social Worker (state certification).

COI Certified Ohashiatsu Instructor. Graduate of the Ohashi Institute in New York City. COIs must also complete a training program of 150–200 hours to prepare for teaching and enhance his or her ability as a practitioner.

CMT Certified Massage Therapist. Graduate of a school of massage therapy.

CR Certified Rolfer. Requires 18 weeks of training at the Rolf Institute. To qualify for the training, an individual must possess college-level understanding of anatomy, physiology, and kinesiology (a 6½-week introductory course fulfills this requirement).

CSW Certified Social Worker (state certification).

DC Doctor of Chiropractic. Requires at least four years of training at an accredited chiropractic college. Chiropractors take both national and state board exams and are licensed to practice by state.

clear-cut. Try contacting professional associations for advice and follow-up.

—Jennifer King

BOOKS

READ ALL ABOUT IT

ONE GOOD WAY TO LEARN MORE about the holistic healing methods mentioned in this directory is by reading a good guidebook. Here are some helpful titles with which to begin, as recommended by the editors of the HOLISTIC HEALTH DIRECTORY.

GENERAL GUIDES

Alternatives in Healing: An Open-Minded Approach to Finding the Best Treatment for Your Health Problems, by Simon Mills and Steven J. Finando (New American Library, 1988). A practical guide to how six types of treatment—acupuncture, chiropractic, homeopathy, herbology, osteopathy/naturopathy, and allopathic medicine—would each approach a variety of common conditions. A good book, soon reportedly to be out of print.

A Different Kind of Healing: Doctors Speak Candidly About Their Successes with Alternative Medicine, by Oscar Janiger, M.D., & Philip Goldberg (Jeremy P. Tarcher/Putnam, 1993). Accounts from 250 M.D.s of their dramatic successes with a wide variety of "alternative" methods—from acupuncture to herbal therapy.

An Encyclopedia of Natural Medicine, by Michael Murray, N.D., and Joseph Pizzorno, N.D. (Prima, 1991). Written by two naturopathic physicians, this compendium discusses the use of herbs, vitamins and minerals, and other natural methods for a variety of common conditions and diseases.

Family Guide to Natural Medicine: How to Stay Healthy the Natural Way, from Reader's Digest (The Reader's Digest Association, 1993). A practical and lavishly illustrated introduction to the world of natural healing, including meditation, bodywork, diet, natural remedies, and more.

Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness, by Jon Kabat-Zinn (Delta/Dell Publishing, 1990). Step-by-step instructions for using meditation to alleviate pain and stress and promote well-being, based on the author's work with patients at the University of Massachusetts Medical Center's Stress Reduction Clinic.

Love, Medicine & Miracles: Lessons Learned About Self-Healing from a Surgeon's Experience with Exceptional Patients, by Bernie Siegel, M.D. (Harper-Perennial, 1990). Retired surgeon Siegel tells how he discovered the healing power of love and describes how we all can become "exceptional patients" by taking an active role in promoting our own health.

Mind/Body Medicine: How to Use Your Mind for Better Health, edited by Daniel Goleman and Joel Gurin (Consumer Reports Books, 1993). A consumer-oriented collection of articles by leading researchers on such mind-body techniques as imagery, relaxation, and exercise.

Minding the Body, Mending the Mind, by Joan Borysenko (Bantam, 1988). The co-founder of the New England Deaconess Hospital's Mind/Body Clinic demonstrates how common ail-

DDS Doctor of Dental Science or Doctor of Dental Surgery.

DHANP Diplomate of the Homeopathic Academy of Naturopathic Physicians. NDs who pass the certification exam given by the Homeopathic Academy of Naturopathic Physicians may use these initials to indicate that they are also homeopaths.

DiplAc (NCCA) Diplomate in Acupuncture. Indicates that the acupuncturist has passed an exam given by the National Commission for the Certification of Acupuncturists.

DMD Doctor of Dental Medicine.

DO Doctor of Osteopathy, or Doctor of Optometry (see OD). To become an osteopathic doctor, an individual must complete four years of training at a school of osteopathy. There are currently 15 such schools accredited by the American Academy of Osteopathy in Indianapolis, Indiana.

DVM Doctor of Veterinary Medicine.

LAc, LicAc Licensed Acupuncturist. Usually indicates state licensure, but LicAc may also indicate a diploma from a European school.

LCSW Licensed Clinical Social Worker or Licensed Certified Social Worker (state license).

LICSW Licensed Independent Clinical Social Worker (state license).

LMP Licensed Massage Practitioner (state license).

LMT Licensed Massage Therapist (state license).

MAc Master of Acupuncture. There are currently a dozen master's programs accredited by the National Accreditation Commission for Schools and Colleges of Acupuncture and Oriental Medicine in Washington, DC.

MD Medical Doctor.

MEd Master of Education.

MFCC Marriage, Family, and Child Counselor. State license in California, requiring one of six relevant master's degrees and 3,000 hours of clinical experience.

MSN Master of Science in Nursing.

MSW Master of Social Work.

MT, MsT Massage Therapist. A generic term that does not necessarily entail certification or licensure.

NASTAT North American Society of Teachers of the Alexander Technique. Members have completed 1,600 hours of training over a minimum three-year period at a NASTAT-certified school. The organization is based in Tacoma, Washington.

ND Naturopathic Doctor. After completion of four years of college pre-med, an individual must complete four years of training at one of the three North American schools that specialize in naturopathic medicine: John Bastyr College in Seattle, Washington; the National College of Naturopathic Medicine in Portland, Oregon; or Ontario College of Naturopathic Medicine in Toronto. (A fourth school, the Southwest College of Naturopathic Medicine and Health Sciences in Scottsdale, Arizona, is scheduled to open in September 1993.) NDs are currently licensed in seven states: Washington, Oregon, Arizona, Connecticut, Alaska, Hawaii, and Montana.

OD Doctor of Optometry.

OMD Oriental Medical Doctor. This title generally indicates some additional training beyond state licensure to practice acupuncture. Some organizations offer OMD degree programs, although the National Accreditation Commission for Schools and Colleges of Acupuncture and Oriental Medicine currently does not accredit such programs. The title is also sometimes taken by Chinese MDs who are licensed in China but not in the United States, and by US practitioners who complete OMD degree programs at foreign schools.

If you are considering treatment from someone who calls himself or herself an OMD, note if he or she also uses the initials CA, RAc, LAc, or LicAc, all of which usually indicate state licensure or qualification.

PhD Doctor of Philosophy.

PT Physical Therapist. To qualify for this state license, individuals must complete an educational program accredited by The Commission on Accreditation in Physical Therapy Education.

RAc Registered Acupuncturist. State registration; in Vermont, registration does not include a review of qualifications.

RM Reiki Master. The traditional criteria for calling oneself a Reiki Master include at least three years as a Reiki practitioner and at least one year as an apprentice to a Reiki Master. Many RMs belong to The Reiki Alliance in Cataldo, Idaho, whose members uphold professional standards. The organization does not offer certification.

RMT Registered Massage Therapist. The American Massage Therapy Association (see AMTA) no longer grants this title, which certifies advanced training in massage therapy. However, individuals who previously qualified for the title may continue to use it.

RN Registered Nurse.

RNC Registered Nurse, Certified. Any registered nurse has the option to be certified in a specialized field by the American Nurses Association in Washington, DC.

RPh Registered Pharmacist.

RPP Registered Polarity Practitioner. Requires at least 615 hours of training in polarity therapy; granted by the American Polarity Therapy Association in Raleigh, North Carolina.

—Daniel M. Fields

ments—from digestive disorders to PMS—can be corrected through relaxation and meditation techniques.

The Natural Family Doctor: The Comprehensive Self-Help Guide to Health and Natural Medicine, by Andrew Stanway with Richard Grossman (Fireside/Simon & Schuster, 1987). A comprehensive guide to getting and staying healthy naturally, illustrated with helpful charts and diagrams.

Natural Health, Natural Medicine: A Comprehensive Manual for Wellness and Self-Care, by Andrew Weil, M.D. (Houghton Mifflin, 1990). A holistic physician offers a basic introduction to the principles of natural healing and medical self-care.

GUIDES TO MODALITIES

Between Heaven and Earth: A Guide to Chinese Medicine, by Harriet Beinfield and Efrem Korngold (Ballantine, 1991). A thorough introduction to the ancient science of Chinese medicine, written by a husband-and-wife team of practicing acupuncturists.

Everybody's Guide to Homeopathic Medicines: Taking Care of Yourself and Your Family with Safe and Effective Remedies (revised and expanded edition), by Stephen Cummings, M.D., and Dana Ullman (Jeremy P. Tarcher/Perigee, 1991). A basic guidebook for homeopathic self-care.

Hands-On Healing: Massage Remedies for Hundreds of Health Problems, edited by John Feltman (Rodale Press, 1989). A general introduction to a great assortment of bodywork approaches, as well as simple self-help massage techniques.

The Healing Herbs: The Ultimate Guide to the Curative Power of Nature's Medicines, by Michael Castleman (Rodale Press, 1991). A handy reference guide to the history, folk uses, safety, and practical applications of a wide range of herbs—from alfalfa to yarrow.

Living Yoga: A Comprehensive Guide for Daily Life, edited by Georg Feuerstein and Stephan Bodian with the staff of *Yoga Journal* (Jeremy P. Tarcher/Perigee, 1993). An extensive manual of yoga history and principles, including advice on getting started with your own yoga practice.

—*J. K.*

INSURANCE

FINDING ALTERNATIVE COVERAGE

IF YOU WOULD LIKE TO CONSULT A holistic health practitioner but worry about how to pay for your visit, you may be surprised to learn that more and more insurance companies are beginning to cover alternative therapies. In addition to some new, smaller companies specializ-

CONFERENCES

HEALTHY GATHERINGS

1993

■ **ALTERNATIVES '93**, September 1–4, Scottsdale AZ. Presenters include Angeles Arrien, Jean Shinoda Bolen, and Michael Lee. *US Journal Training, 3201 SW 15th St., Deerfield Beach FL 33442-8190; (800) 441-5569.*

■ **BUILDING BRIDGES**, September 1–5, Portland OR. American Association of Naturopathic Physicians' annual convention. *PO Box 20386, Seattle WA 98102; (206) 323-7610.*

■ **21ST ANNUAL CANCER CONVENTION**, September 4–6, Pasadena CA. Prevention and control of cancer and other diseases through nutrition, noninvasive tests, and nontoxic therapies. Morton Walker, Peter Chowka, and others. *Cancer Control Society, 2043 N. Berendo, Los Angeles CA 90027; (213) 663-7801.*

■ **NLP: A PATH WITH A HEART**, September 24–27, Denver CO. Keynotes by William Hudson O'Hanlon and Chungliang Al Huang. *2897 Valmont Rd., Boulder CO 80301; (800) 233-1657.*

■ **AMERICAN POLARITY THERAPY ASSOCIATION REGIONAL CONFERENCE**, October 2–3, Dearborn MI. *APTA, 4101 Lake Boone Trail, Suite 201, Raleigh NC 27607-6518; (919) 787-5181.*

■ **PSYCHOTHERAPY AND MEDICAL ILLNESS**, October 7–9, Boston MA. For psychotherapists and primary care providers. Presentations by David Eisenberg, M.D., Jon Kabat-Zinn, and others. *Harvard Medical School, Department of Continuing Education, PO Box 825, Boston MA 02117; (617) 432-1525.*

■ **NEW HORIZONS IN CHEMICAL SENSITIVITIES: STATE OF THE ART DIAGNOSIS AND TREATMENT**, October 9–12, Reno NV. *American Academy of Environmental Medicine, PO Box 16106, Denver CO 80216; (303) 622-9755.*

■ **YOGA, MIND, MEDICINE**, October 9–10, Philadelphia PA. *Yoga Research Society, 341 Fitzwater St., Philadelphia PA 19147; (215) 592-YOGA.*

■ **AMERICAN OSTEOPATHIC ASSOCIATION ANNUAL CONVENTION AND SCIENTIFIC SEMINAR**, October 10–14, Boston MA. *142 E. Ontario St., Chicago IL 60611-2864; (312) 280-5813.*

■ **ENERGY MEDICINE & BODY/MIND/SPIRIT INTEGRATION**, October 21–24, San Diego CA. Workshops include "How to Create a Holistic Healing Center." *Association of Holistic Healing Centers, 109 Holly Crescent, Suite 201, Virginia Beach VA 23451; (804) 422-9033.*

■ **HYPNOSIS CONFERENCE: THE HEALING MIND**, October 22–26, Southfield MI. *International Medical and Dental Hypnotherapy Association, 4110 Edgeland, Suite 800, Royal Oak MI 48073; (800) 257-5467.*

■ **PAST-LIFE THERAPY: RECLAIMING THE WOMAN, MAN, AND CHILD WITHIN**, October 22–24, San Francisco CA. *The Association for Past-Life Research and Therapies, Inc., PO Box 20151, Riverside CA 92516; (909) 784-1570.*

■ **FALL HEALTH CLASSIC**, November 3–7, San Diego CA. Speakers include Michio and Aveline Kushi and others. Lectures on AIDS, cancer, and heart disease prevention and recovery. *Health Classics, 1223 Wilshire Blvd. H, Santa Monica CA 90403-5400; (310) 395-9959.*

■ **WHOLE HEALTH EXPO**, November 13–14, Boston MA. Keynote speakers include Larry Dossey, M.D., Wallace Black Elk, and Annemarie Colbin. *Whole Health Expo, 369 Pleasant St., Northhampton MA 01060; (413) 586-4269.*

■ **MIND/BODY FITNESS CONFERENCE: SHAPING OUR WORLD**, November 14–17, Santa Fe NM. Larry Dossey, M.D., Myrin Borysenko, Diana McNab, and others speak on the themes of spiritual fitness, emotional well-being, martial arts, and more. *Yokibics, Inc., PO Box 12123, Silver Spring MD 20908; (301) 460-3846.*

■ **PSYCHOLOGY OF HEALTH, IMMUNITY, AND DISEASE CONFERENCE**, December 6–12, Hilton Head SC. Presenters include

ing in nontraditional coverage, a growing number of industry giants are now willing to cover holistic treatments—from acupuncture to naturopathic medicine. Most plans are priced competitively. Here is a look at some of the options:

American Western Life Insurance offers a line of "Wellness Plans" ranging from a no-frills option that supports educated self-care to a more comprehensive plan that covers a broad array of alternative and allopathic care. The programs use a network of holistic and naturopathic providers to help clients make the switch to more natural care, and emphasize education by providing clients with educational materials on natural methods, access to a twenty-four-hour wellness line, and the mail-order services of a wholesale natural pharmacy. The plans are currently available in Arizona and parts of California, and may soon be available in Utah, Colorado, New Mexico, and Nevada. *PO Box 4998, Foster City CA 94404; (415) 573-8041.*

Alternative Health Insurance Services features plans that may offer such benefits as domestic partner coverage (regardless of gender), and reimburses for a wide range of alternative therapies, including naturopathy, homeopathy, ayurvedic medicine, nutritional care, bodywork, and chelation therapy. The company is now in the process of setting up a national network of alternative and holistic providers. *PO Box 9178, Calabasas CA 91372; (818) 702-0888, (800) 331-2713.*

Even the traditional insurance giants offer some nontraditional coverage. A majority of health plans now cover acupuncture, and many cover chiropractic. More than 60 insurance companies—including the giants Aetna, Safeco, and Allstate—reimburse for naturopathic health care. You may be able to find the coverage you want simply by switching to another policy option offered by your current insurer.

Finally, if you work for a big company that offers health insurance as a benefit, you may be able to influence the type of

Bernie Siegel, M.D., Jeanne Achterberg, and Christiane Northrup, M.D. *The National Institute for the Clinical Application of Behavioral Medicine, PO Box 523, 6D Ledgebrook Dr., Mansfield Center CT 06250; (800) 743-2226.*

1994

■ **THE AMERICAN HOLISTIC MEDICAL ASSOCIATION 1994 ANNUAL SCIENTIFIC CONFERENCE,** February 16–20, Seattle WA. The Language of Medicine: Redefining Health and Healing. *AHMA, 4101 Lake Boone Trail, Suite 201, Raleigh NC 27607; (919) 787-5181.*

■ **THE ART AND SCIENCE OF HEALTH PROMOTION CONFERENCE,** February 22–26, Colorado Springs CO. Examining the impact of families, friends, and social systems on health. *American Journal of Health Promotion, 1812 S. Rochester Rd., Suite 200, Rochester Hills MI 48307; (313) 650-9600.*

■ **KINDRED SPIRITS ON THE EDGE: INTEGRATING SCIENCE AND SPIRITUALITY,** March 18–20, Indianapolis IN. The 24th Midwest Conference of the Association for Humanistic Psychology. *AHP Midwest, 6826 Chrysler St., Indianapolis IN 46268; (317) 297-5733.*

■ **THE AMERICAN ASSOCIATION OF ACUPUNCTURE AND ORIENTAL MEDICINE ANNUAL CONFERENCE,** April 28–May 1, Albuquerque NM. Speakers to be announced. *AAAOM, 4101 Lake Boone Trail, Suite 201, Raleigh NC 27607; (919) 787-5181.*

■ **ANNUAL HOMEOPATHY CONFERENCE,** April 29–May 1, Chicago IL. *National Center for Homeopathy, 801 N. Fairfax St., Alexandria VA 22314; (703) 548-7790.*

■ **PSYCHOLOGY AND WOMEN'S HEALTH,** May 12–14, Washington DC. Creating a psycho-social agenda for the 21st century. *American Psychological Association, Women's Programs Office, 750 First St. NE, Washington DC 20002; (202) 366-6044.*

■ **ANNUAL NATIONAL WELLNESS CONFERENCE,** July 16–22, Stevens Point WI. Seminars, exhibits, and speakers addressing alternative health promotion. *National Wellness Institute, 1045 Clark St., Suite 210, Stevens Point WI 54481-2962; (715) 342-2969.*

■ **THE THIRD NATIONAL CONFERENCE OF THE INSTITUTE OF NOETIC SCIENCES,** July 22–24, Chicago IL. Speakers to be announced. *IONS, 475 Gate Five Rd, Suite 300, Sausalito CA 94965; (415) 331-5650.*

■ **YOGA RESEARCH SOCIETY'S 20TH ANNUAL CONFERENCE AND CELEBRATION,** October 15–16, Philadelphia PA. *Yoga Research Society, 341 Fitzwater St., Philadelphia PA 19147; (215) 592-YOGA.*

■ **AMERICAN MASSAGE THERAPY ASSOCIATION 1994 NATIONAL CONVENTION,** October 26–30, Albuquerque NM. *AMTA, 820 Davis St., Suite 100, Evanston IL 60201; (708) 864-0123.*

—*Lisa Horvitz*

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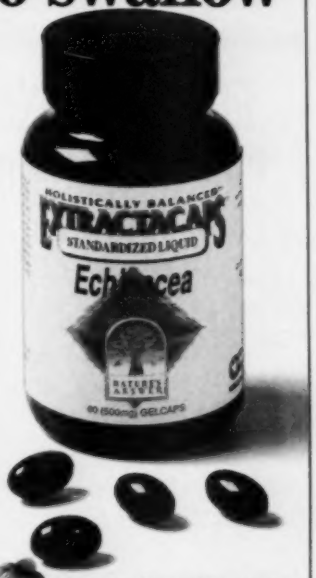

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MEDITATION

HOW TO EVOKE THE RELAXATION RESPONSE

By Joan Borysenko

MEDITATION IS ANY ACTIVITY that keeps the attention pleasantly anchored in the present moment. Think of an activity that you really enjoy. As I'm sitting here at the

MASSAGE

A DRUGLESS HEADACHE REMEDY

Next time your head is throbbing, try turning to your mirror, not your medicine chest, for relief. According to **Harry C. Ehrmantraut,** author of *Headaches: The Drugless Way to Lasting Relief!,* exercising your face and scalp may prove as effective as a couple of aspirin.

Here in summary are eleven face and scalp calisthenics Ehrmantraut recommends. Try practicing in front of a mirror.

1. Eyebrows up and return: Lift both eyebrows up quickly, then relax and let them drop down.
2. Right eyebrow up and return: This move could be tough to do. Start by holding the other eyebrow in place and then move the right eyebrow up, as you did before.
3. Left eyebrow up and return.
4. Squint both eyes closed and release: Do this quickly, hold briefly, then relax.
5. Squint right eye hard and release: Squeeze the right side of your face hard enough to raise the corner of your mouth.
6. Squint left eye hard and release.
7. Frown deeply and release: Squeeze eyebrows down and in toward the bridge of your nose.
8. Yawn wide and close: Slowly open your mouth by lowering your jaw gradually to a wide position. Then close slowly.
9. Open jaw, move right and left: Open mouth slightly and slide jaw from right to left, and then from left to right.
10. Wrinkle nose: Squeeze nose upward, as if smelling a foul odor.
11. Make faces: Ad-lib this one, just like when you were a kid. And don't worry, your face won't get stuck.

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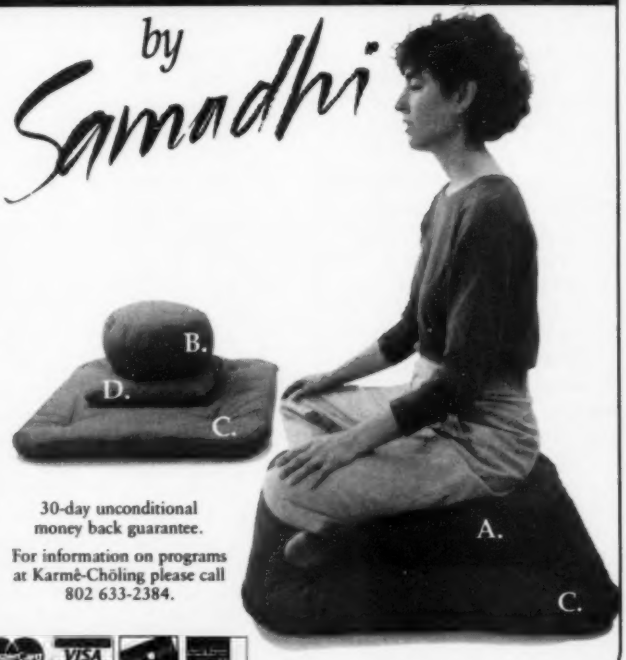

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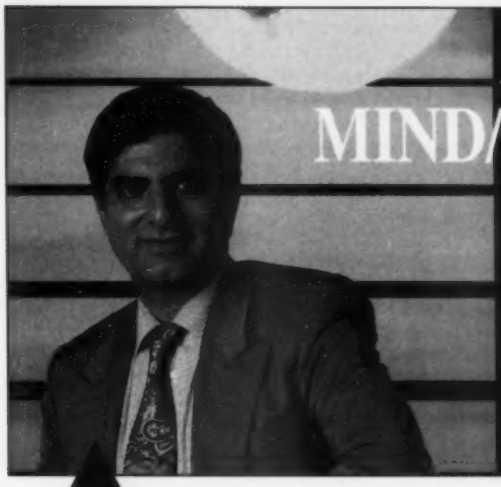
For information on programs at Karmè-Chöling please call 802 633-2384.



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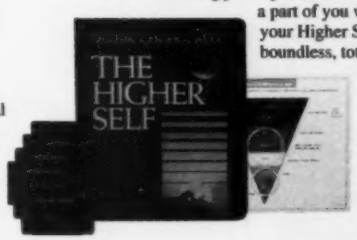

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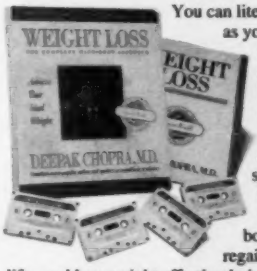

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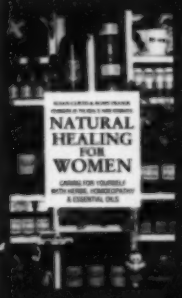

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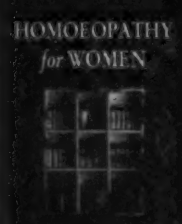

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typewriter, it is a hot summer day. I am sweating profusely and I fantasize for a moment. I approach a beautiful lake. I notice the trees, flowers, and grass. The wind is warm as it blows over me. Now I wade into the lake and then dive in. I pause and enjoy my own sense of the cooling water. Ahh. For a moment the world stops. I am no longer concerned with books, bills, shopping, relationships, or any other thoughts. I surrender to the immediate pleasure of the water. That's what enjoyment is. Surrender. Letting go of all the things pulling you out of the moment.

For once, the mind is not reading its list of things that must happen before we can be happy. It's not reciting that list of awful things that could happen to steal our happiness. It has taken a back seat to just being. This is the meditative state that elicits the relaxation response. It is peace.

1. Choose a quiet spot where you will not be disturbed by other people or by the telephone.

2. Sit in a comfortable position, with back straight and arms and legs uncrossed, unless you choose to sit cross-legged on a floor cushion.

3. Close your eyes. This makes it easier to concentrate.

4. Relax your muscles sequentially from head to feet. This step helps to break the connection between stressful thoughts and a tense body. For now, just become aware of each part of your body in succession, letting go as much as you can with the out breath. Take a second now just to take a deep breath in. Let it go. Notice how your body relaxes as you let go. This is the good old sigh of relief. The pull of gravity is always present, encouraging us to let go, but if there is no awareness of being uptight, there can't be any letting go. Notice your shoulders right now. Is there any room to let them down more, cooperating with gravity and your own breath? Every out breath is an opportunity to let go.

Long before patients think they know "how to do it," they begin to notice that they are generally feeling more peaceful and their symptoms are beginning to improve.

Starting with your forehead, become aware of tension as you breathe in. Let go of any obvious tension as you breathe out. Go through the rest of your body in this way, proceeding down through your eyes, jaws, neck, shoulders, arms, hands, chest, upper back, middle back and midriff, lower back, belly, pelvis, buttocks, thighs, calves, and feet. This need only take a

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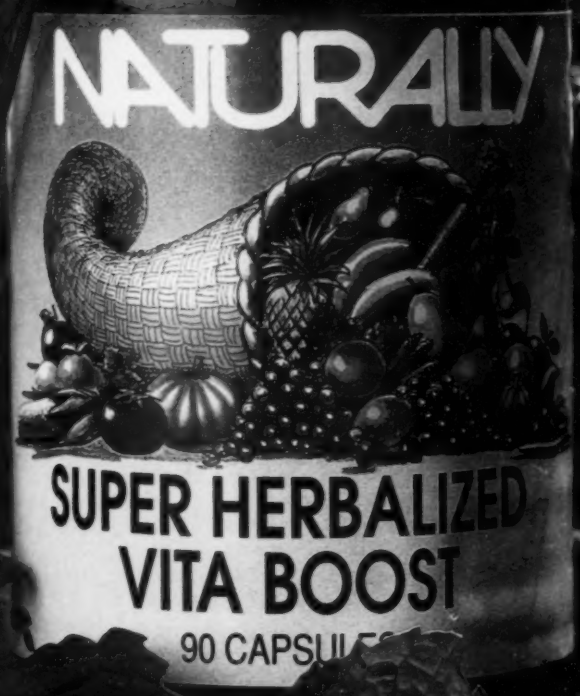

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minute or two.

5. Become aware of your breathing, noticing how the breath goes in and out, without trying to control it in any way. You may notice that your breathing gets slower and shallower as the meditation progresses. That's due to the physiological effects of the relaxation response, the fact that your body requires less oxygen because your metabolism has slowed down.

6. Choose a *focus word*—a word or phrase that evokes a sense of meaning that is important to you. This could be anything at all. If you cannot think of your own focus word, you might want to try a very old Sanskrit mantra, *Ham Sah*. (*Ham* means "I am" and *Sah* means "That.")

Repeat your focus word silently in time to your breathing. In the case of *Ham Sah*, just listen to your breath, imagining that it sounds like *Ham* on the in breath and *Sah* on the out breath.

Your mind will not stop for more than seconds at a time, if at all, so don't expect it to.

7. Don't worry about how you are doing. As soon as you start to worry about whether you are doing it right, you have shifted from meditation to anxiety. If you notice that tendency, try labeling it *judging, judging*, then let go, coming back to the breath and the focus, which are your anchors in the shifting tides of the mind.

Your mind will not stop for more than seconds at a time, if at all, so don't expect it to. What happens is that that part of yourself that can watch or witness the shenanigans of the mind is learning to flex its muscles. Each time you notice that you've drifted into thought, try labeling where you were; for instance, *thinking, thinking* or *anger, anger* or *judging, judging* and then let it go, getting back to the anchor. In this way, you begin to train your mind in awareness—the antidote to denial and mental unconsciousness. The awareness you develop in meditation will begin to carry over into life, affording you much more choice in how you respond and restoring your ability to enjoy life.

The most common experience and complaint about meditation is "I can't stop my mind from wandering." That's fine. Don't try. Just practice bringing it back to concentration on the breath and focus whenever you notice it wandering.

8. Practice at least once a day for ten to twenty minutes. Remember that practice is indispensable to progress at anything. In meditation your goals are twofold. The session itself is the goal. In the true sense, the process is the product. Your only goal is to sit and do the meditation. Even if it seems that the only thing you're doing is chasing after your mind to tie it down again, remarkably, the relaxation response is still most likely occurring. Long before patients think they know "how to do it," they begin to notice that they are generally feeling more peaceful and their symptoms are beginning to improve. The second goal is that, of course, it does get easier and more deeply peaceful after repeated practice.

If you can sit twice a day for ten to twenty minutes, so much the better. The preferred times are early morning (after a shower and exercise if you do it, but before breakfast) or before dinner. The only times to avoid are when you're tired—simply because meditation is a concentration exercise and, if you're tired, you'll fall asleep—and just after a heavy meal, since the process of digestion makes people sluggish.

Joan Borysenko is the president of Mind/Body Health Sciences, Inc., and the author of several books, most recently Fire in the Soul: A New Psychology of Spiritual Optimism *(Warner Books, 1993).*

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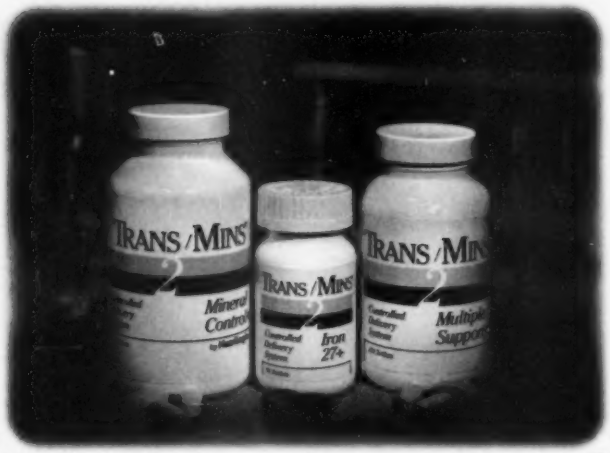

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PICK-ME-UPS

NATURAL STIMULANTS

FATIGUE MAKES EVEN THE SIMPLEST activity a chore. If you've been feeling run down lately, you may get a boost from the following tips, recommended by homeopathy educator **Dana Ullman** in his book *The One-Minute (or so) Healer*:

Energy creates energy. Exercise may sound impossible when you're fatigued, but it does stimulate circulation and metabolism. Regular exercise usually enhances energy.

Take a cold shower. This strategy will wake you up. If you're not brave enough to do this, take a cold foot bath, or simply splash your face with cold water.

Avoid cheap tricks. Drinking coffee and eating sweets may give you short-term energy, but they can lead to greater fatigue because these substances sap the adrenal glands and disrupt blood-sugar levels. Try to stay away from these energy robbers.

Go light on lunch. Large lunch meals, especially those with high-fat foods, commonly cause afternoon fatigue.

Watch your protein. Fatigue can result from having too much protein or too little. Make certain you're getting enough, but not too much. One meal per day, maybe two at the most, should have a food that is rich with protein.

Warm your liver. A heating pad placed over your lower right rib cage for 20 minutes twice a day can increase liver activity and help your body digest sugars better, creating more energy.

Supplement your energy. Take vitamin C three times a day; beta-carotene, B-complex, and vitamin E twice a day; and chelated magnesium, chelated zinc, and calcium once a day.

Take herbal interferon. Echinacea is an herb that has been proven to be effective in reducing viral activity. It also stimulates the immune system, and some people with fatigue who take it have noticed improved energy and stamina. Take 15 drops of echinacea tincture three times a day.

Try aggressive emotional rest. Don't waste your energy on negative emotions. All they do is drain you and add to your fatigue.

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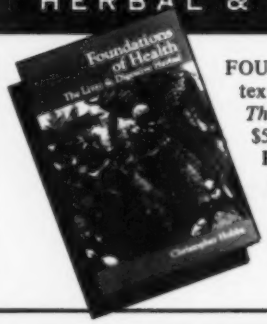

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SELF-CARE

CURE A COLD, NATURALLY

By Michael Castleman

I STARTED RESEARCHING COLD CURES in late 1984—not because of any belief that I (or anybody) had The Answer to the common cold, but simply because the magazine I edited at the time, *Medical Self-Care*, needed a consumer's guide to cold remedies for the cold and flu season. I felt fatalistic about the common cold: I believed the orthodox medical position that colds could neither be prevented nor cured and that symptomatic relief was the only alternative.

At the time, I suffered two to four colds a year, and my wife and I almost always passed our upper-respiratory infections to each other. My self-care program, such as it was, involved:

- cursing fate as the sore throat took hold
- denying the illness as much as possible
- dragging myself to work despite my misery
- taking generic single-action over-the-counter medications for my symptoms (which never seemed to do much), and
- cursing fate for invariably turning my colds into lingering cases of bronchitis that dragged on, sometimes for weeks.

Colds depressed me. I felt angry at myself for getting sick and generally viewed upper-respiratory infections as a sign of moral weakness. Deep down, from the first twinge in my throat, I felt convinced that nothing on Earth could spare me the misery I was about to endure.

Now, after doing a good deal of research and writing a book on the subject, I look at things much differently. I offer no "miracle cure," just a humble but heartfelt belief that a positive attitude and creative self-care can prevent many colds and substantially reduce the duration and

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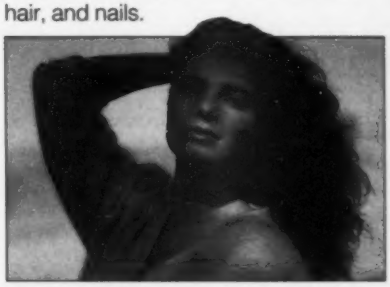

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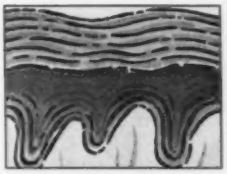

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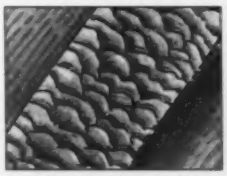

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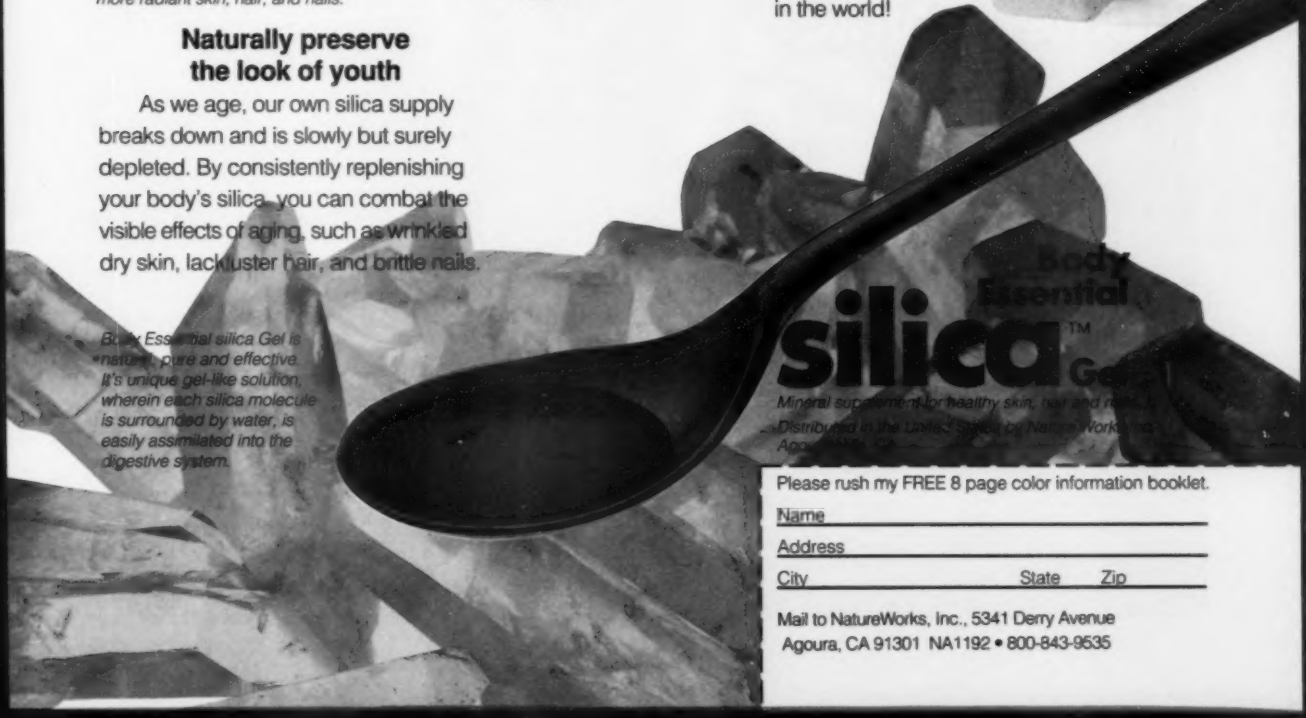

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severity of most of those that defy preventative efforts.

ENHANCING YOUR IMMUNE SYSTEM

Underlying my approach to cold prevention are a few healthy lifestyle practices. I don't smoke, for example. In addition to contributing to the risk of cancer and heart disease, smoking depletes the body of vitamin C, necessary for a healthy immune system, and increases the risk of cold complications.

Without being a dietary dogmatist, I eat a diet that is low in fat and high in fiber; light on red meats, fried foods, and rich desserts; heavy on whole grains, fresh fruits, and vegetables.

While some nutrition authorities say that this type of diet supplies enough of all necessary nutrients, I'm one of the 70 million Americans who don't quite believe it. To supplement my diet, I take 1,000 milligrams of vitamin C daily and an "insurance formula" multivitamin and mineral supplement, which contains the other nutrients that enhance immune response: A, E, and the B vitamins.

AVOIDING TRANSMISSION

The opinion of cold researchers is divided as to how cold germs are most frequently spread. One camp believes that they're passed along by an aerosol route in which airborne droplets are launched by coughs and sneezes and inhaled by healthy people. The other group thinks they're transmitted by hand-to-hand contact. Though the jury is still out, I've personally become a fan of the hand-to-hand theory. Don't get me wrong—I try my best to avoid everyone's cough-and-sneeze aerosols. But ever since my wife and I started avoiding hand-to-hand contact with cold sufferers, washing our hands frequently, and using only paper tissues and separate bathroom cups, we have reduced the number of colds we pass back and forth.

FENDING OFF A COLD

In doing my research I found well-designed studies conducted at Harvard University and elsewhere suggesting that both meditative relaxation exercises and "selfless love" boost the immune system protein that serves as the body's first line of defense against the common cold.

So I've come to the opinion that preventing a cold from taking hold starts with a positive attitude, the conviction that "I don't have to get sick. Instead of giving in to this cold, I'm going to take action right now and beat it." The instant I feel any throat twinge, I no longer curse

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fate and resign myself to another damnable cold. These days I immediately stop what I'm doing and practice relaxation/visualization exercises: I meditate on my immune system's soon-to-be-victorious struggle against the cold; I visualize my killer cells beating back the viral hordes.

While visualizing wholesale virucide, I promptly take several other steps to nip the cold in the bud:

• I take zinc every two hours. I suck on two 23-milligram zinc lozenges at the first sign of a sore throat, then one lozenge every two waking hours until my symptoms have cleared. The research in favor of zinc is scant, but I've been consistently impressed with the mineral. Many brands are available.

I no longer resign myself to another damnable cold; I visualize my killer cells beating back the viral hordes.

Zinc is relatively safe, but those who take one lozenge every two hours might ingest eight lozenges a day, or 184 milligrams of zinc, which comes close to the dose that may cause adverse reactions (200 milligrams). If nausea, the first sign of zinc toxicity, develops, reduce dosage or stop taking the mineral. Zinc should not be taken for more than a few days. In addition to nausea, long-term ingestion of high doses may cause vomiting, anemia, and lethargy.

• I take 1,000 milligrams of vitamin C every two hours. Vitamin C's ability to enhance immune functioning is well established. As a cold cure, it remains controversial, but ascorbic acid does no harm, and many well-designed studies show that it provides significant relief. I reduce my dose if diarrhea develops.

• I drink a cup or two of herb tea every hour. For incipient colds, almost any beverage blend will do. I'm a big believer in hot liquids. They soothe the throat and their heat just might impair some viral replication. I let the tea water boil for several minutes and inhale some of the steam, because increased relative humidity has been shown to help prevent colds. While brewing and sipping my tea, I continue my visualizations.

• I write a check to my favorite charity. Financial generosity is not exactly the kind of selfless love shown by studies to boost the immune system, but it's close

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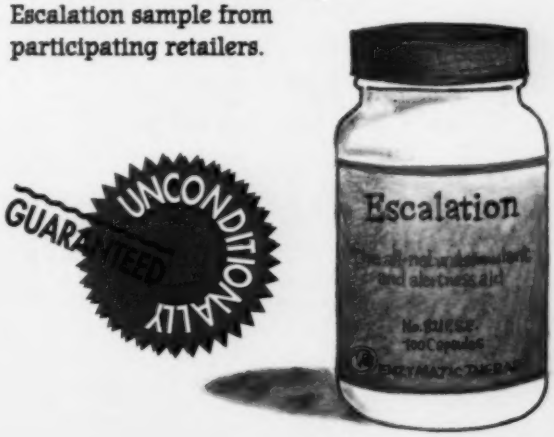

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enough. After all, charity is its own reward, and if my immune system draws strength from an act of not-quite-selfless love, so much the better.

- I try to make a meal of chicken soup. In addition to finding research that shows chicken soup to be superior to hot water in speeding the clearance of nasal mucus, I'm Jewish, and I derive special comfort from using my people's ethnic cold remedy.
- In the evening, I drink hot toddies. I never drink and drive, but once I'm home, I'm partial to a combination of an herb tea, lemon, honey, and well-aged cognac.
- Finally, I go to bed early.

During my years of common-cold fatalism, it was a rare sore throat that did not turn into a full-blown cold. Now about half to two thirds of my proto-colds are gone by the next morning.

NURSING A FULL-BLOWN COLD

Of course, despite my best preventative efforts, a few proto-colds still become true colds. When this happens, I continue the vitamin C, zinc, and chicken soup, but if I want symptomatic relief, I switch from a beverage-blend herb tea to one of the commercially prepared medicinal herb teas. Savoring a medicinal herb tea feels more therapeutic than popping a pill. The steam increases the relative humidity, and the ritual of tea preparation creates time for more visualization of my immune system winning the Battle of the Nasopharynx. I find that my full-blown colds are milder than the ones I recall from my years of fatalism. They last only four or five days, instead of six to eight, and rarely turn into lingering bronchitis.

Michael Castleman, a San Francisco-based writer, is the author of several books, most recently An Aspirin A Day *(Hyperion, 1993).*

Adapted from Cold Cures *by Michael Castleman. Copyright 1987 by Michael Castleman. Reprinted by permission of Ballantine Books, a division of Random House.*

INSPIRATION

BERNIE SIEGEL'S TIPS FOR HEALING

RETIRED SURGEON AND POPULAR workshop leader **Bernie Siegel, M.D.**, is the author of, most recently, *How to Live Between Office Visits* (HarperCollins, 1993) and is founder, with his wife, Bobbie, of Exceptional

cooked form. An alternative for those wishing to avoid garlic breath is regular use of aged garlic extract, a deodorized supplement sold in health-food stores under the trade name Kyolic.

By Jane E. Brody
The New York Times
September 4, 1990

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THEY'RE TALKING ABOUT OUR GARLIC

In recent months, the media have reported some surprising information about garlic that came to light at the "First World Congress on the Health Significance of Garlic and Garlic Constituents" last summer in Washington. One thing few realized before is that you don't have to offend others with "garlic-breath" when you take garlic. KYOLIC® is the *odorless*, natural "Aged Garlic Extract"™ that gives you the benefits of garlic without the social stigma. You've probably been reading about it. KYOLIC is the world's best-selling garlic supplement. Ask for KYOLIC, the "sociable garlic," at your health food store.

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Cancer Patients, an innovative support organization (1302 Chapel St., New Haven CT 06511). Here he offers seven tips for healing yourself:

1. Accept your illness: Being resigned to an illness can be destructive and can allow the illness to run your life, but accepting it allows energy to be freed for other things in your life. Acceptance is like saying, "I'll leave it to God." You know that the illness is there, but you also know that the future will be something you can handle, so it's no longer a burden.

2. See the illness as a source of growth: The symbol I often use to illustrate this is the salamander. If the salamander loses its tail, it doesn't get emotionally involved, it simply regenerates a new tail. I think our primitive nervous system tells us that if we have a loss, we should grow something to replace what was lost. If we begin to grow psychologically in response to our loss, then we don't need to have a physical illness or growth anymore.

3. View your illness as a positive redirection in your life: This means that you don't need to judge anything that happens to you. If you get fired from a job, for example, assume that you are being redirected toward something that you're supposed to be doing. Your whole life changes when you say that something is just a redirection. You are then at peace. Everything is OK and you go on your way, knowing that the new direction is the one that is intrinsically right for you. After a while you begin to feel that this is true. And, of course, fewer and fewer misdirections begin to occur in your life, because of the person you have become.

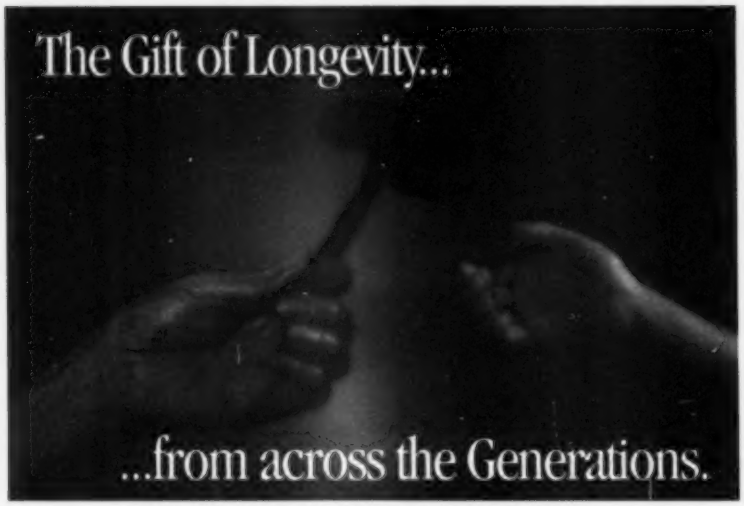
4. Understand that death or recurrence is not a failure if steps 1, 2, or 3 are accomplished, but a further choice or step: If staying alive were your sole goal, then you would have to be a failure, because you have to die someday. But when you begin to accept the inevitability of death and see that you have only a limited time, then you begin to realize that you might as well enjoy the present to the best of your ability.

5. Learn self-love and peace of mind, and the body responds: Your body gets what I call "live" messages when you say, "I love myself." And that's not the ego talking—it's self-esteem. It's as if someone else is loving you, saying you are a worthwhile person, believing in you, and telling you that you're here to give something to the world. When you do that, your immune system says, "This person likes living, let's fight for his or her life."

6. Don't make physical change your sole goal: When someone comes to our group saying, "I've come to get over my sickness," I tell that person that he or she has come for the wrong reason. Come to obtain peace of mind, acceptance, and forgiveness. Learn to love. In the process, the disease won't be totally overlooked—it will be seen as one of the problems we are having, and perhaps one of our fears. Learn about hope, love, acceptance, forgiveness, and peace of mind, and the disease may go away in the process.

7. Achieve immortality through love: The only way you can live forever is to love somebody—then you can really leave a gift behind. And when you live that way, as I have seen happen with people who have physical illness, it is even possible to decide when you die. You can say, "Thank you, I've used my body to its limit. I have loved as much as I possibly can, and I'm leaving at two o'clock today." And you go. Then maybe you spend half an hour dying and the rest of your life living. But when these things are not done, you may spend a lot of your life dying, and only a little living.

From Chop Wood, Carry Water. *Copyright 1984 by Rick Fields, Rex Weyler, Rick Ingrasci, and Peggy Taylor. Reprinted by permission of the Putnam Publishing Group/Jeremy P. Tarcher, Inc.*



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To send for a free sample and brochure, please circle #125 on the reply card on page 177. (page 28)

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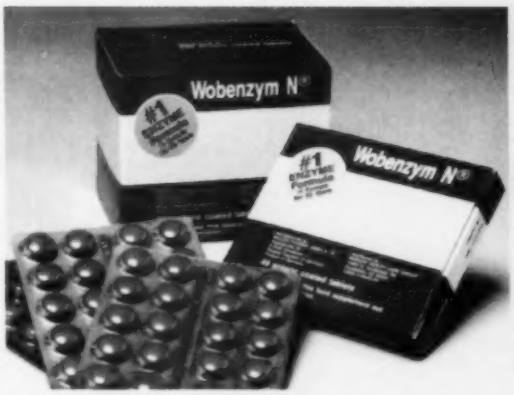

What Are Enzymes?

Enzymes are the foundation of life itself. They accelerate reactions that would otherwise be too slow to carry out life processes. Enzymes help everything function, from nerve impulses to the regulation of hormones; literally every bodily reaction. Only with their help is it possible to renew old and depleted cells, change nutrients into energy and building blocks, and remove waste products. Without enzymes, even vitamins and minerals cannot play their roles.

Several hundred reactions that are regulated by enzymes proceed simultaneously. They do this with great precision, and at unimaginably high output. In a single minute, such enzymes can be involved in 36 million biochemical reactions. They make our planet inhabitable by allowing for the production of oxygen by plants. In our body, many enzymes interact with each other in a perfect manner to achieve an optimal goal. No single enzyme is ever capable to do its task all by itself. The same is true when enzymes are applied to the body from the outside: the right combination of enzymes has to be used to address the problem. The result of a combination product is vastly superior in its effect on our body than any single-item enzyme supplementation. Such a combination of enzymes - each with a different specific profile of activity - will do a better job.

In like manner, Wobenzym may be described as a symbiotic combination of varied enzymes which interact synergistically for the body's welfare. It has become evident that supplementation of enzymes is so vital to human health that they presently revolutionize nutrition and will continue to do so in coming years. The most important difference between live vs. dead tissues is a balanced and integrated interplay of enzymes in live matter. The enzymes are what makes tissue "alive." Enzymes found their usage in a number of life-threatening diseases, e.g. thrombosis, embolism and coronaries. In these cases, enzymes made from bacteria (streptokinase) or from kidney cells (urokinase) have been successfully applied. Their intravenous administration dissolves blood clots and repairs the damage so the blood can pass through the coronary arteries again.

Researchers are using different enzymes now for many defects in the body. In many such instances, their tests are showing much success.

Our modern way of life can easily cause enzyme deficiencies. Foods that are processed, cooked, microwaved, and pasteurized have had most of their enzymes destroyed. Heating and refining renders enzymes completely ineffective. Most enzymes are put to an end by temperatures less than what is required to boil water. Furthermore, each enzyme needs its proper milieu, either acidic or alkaline. Unfortunately, most diets lead to an overly acidic condition due to the overconsumption of protein, fat and/or meat. As a result, those enzymes which require an alkaline environment cannot function properly or at all. Making things worse, environmental pollutants and other toxins (e.g. tobacco, additives, pesticides, etc.) engage our detoxifying mechanisms and immune system which require enzymes to function. A critical lack of enzymes so vital to life processes can easily be the outcome. Diets with many raw fruits and vegetables in combination with an enzyme supplement can be beneficial.

Why Are Enzymes So Essential to Human Health?

Today it is certain that each enzyme has its own particular task which is essential to health. Every enzyme has a specific action that even allows vitamins, minerals and trace elements to play their roles. For example, think of how easy it is to be out of sync when there is a lack of even one vitamin or mineral. This imbalance is actually the result of enzymes' inability to do their work, since vitamins and minerals are either coenzymes or are involved in the reactions enzymes perform. Thousands of enzymes are at work, even as you read this, and though our bodies do manufacture many enzymes, we must get some from food sources.

A simple and clear rule of health is that there must be a harmonious cooperation of all biological processes. However, this harmony is only possible by the action of enzymes. All imbalances, including illness and disease, involve some disruption of our enzymatic balance.

What Makes Wobenzym the #1 Enzyme System in Europe?

Wobenzym was perfected after many years of clinical testing that exceeded $10 million. Dr. Karl Ransberger, a leading biochemist, performed this research. He heads Mucos Pharma GmbH, the manufacturer of Wobenzym in Germany.

Dr. Ransberger's intensive research encompassed the important sciences of pharmacology, pharmacodynamics and pharmacokinetics, as well as investigations in toxicology and teratogenicity of each ingredient, individually and in combination. The research continues and includes studies on enzyme absorption, utilization and their effect on the human body's immune system.

Four to five million dollars per year are invested to assure the best possible product. More than forty individuals with Ph.D.s perform clinical and medical research in the study of new methods and applications. All of this effort and expense is to maintain the superiority of Wobenzym, so that you are guaranteed the best product possible.

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NATURAL & HOLISTIC HEALING

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Natural and holistic practitioners strive to treat the whole person. You'll find them listed here under the following categories:

ACUPUNCTURE. In oriental medicine's philosophy, health depends on the balance and flow of energy, or *chi*, which circulates in and around the body. Disease is seen as an imbalance in this circulation. In acupuncture, fine needles are inserted at specific points to stimulate, disperse, and regulate the flow of chi and restore a healthy energy balance. Often used in the United States for pain relief, acupuncture is also used to improve well-being and treat acute, chronic, and degenerative conditions in children and adults. (See page 41.)

ANTHROPOSOPHIC MEDICINE. Developed by philosopher and mystic Rudolph Steiner (1861–1925), this medical system takes into account the spiritual and physical components of illness. A treatment regime may include herbal and homeopathic medicines as well as dietary recommendations, art therapy, movement therapy, massage, and specially prepared baths. (See page 48.)

AROMATHERAPY/FLOWER ESSENCES. Aromatherapy and flower essences both involve the use of plant extracts. Aromatherapy uses "essential oils" (the volatile oils distilled from plants) to treat emotional disorders such as stress and anxiety as well as a wide range of other ailments. Oils are massaged into the skin, inhaled, placed in baths, or, on the advice of a medical doctor, taken internally. Aromatherapy is often used in conjunction with massage therapy, acupuncture, reflexology, herbology, chiropractic, and

CLARK QUIN

other holistic treatments. Flower essences, popularized in the '30s by Edward Bach, M.D., are meant to alleviate negative emotional states that may contribute to illness or hinder personal growth. Drops of a solution infused with the captured "essence" of a flower are placed under the tongue or in a beverage. (See page 48.)

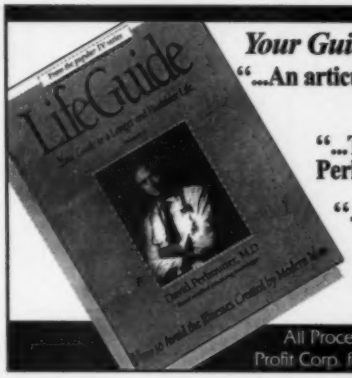
AYURVEDIC MEDICINE. Practiced in India for over 5,000 years, ayurvedic tradition holds that health is a state of "balance" among the body's systems—physical, emotional, and spiritual. Illness is seen as a state of imbalance, detected through such diagnostic procedures as reading the pulse and observation of the tongue. Nutrition counseling, massage, natural medications, meditation, and other modalities are used to address a broad spectrum of ailments, from allergies to AIDS. (See page 49.)

CHELATION THERAPY. Typically administered in an osteopathic or medical doctor's office, chelation therapy is a series of intravenous injections of the synthetic amino acid EDTA, designed to detoxify the body. Because chelation has been shown to remove calcium deposits from arterial walls, it is often used to treat arteriosclerosis, or "hardening of the arteries." (See page 50.)

CHINESE (ORIENTAL) MEDICINE. Oriental medical practitioners are trained to use a variety of ancient and modern therapeutic methods—including acupuncture, herbal medicine, massage and manipulation, moxibustion (heat therapy), and nutritional and lifestyle counseling—to treat a broad range of both chronic and acute illnesses. (See page 50.)

CHIROPRACTIC. The chiropractic system is based on the premise that the spine is literally the backbone of human health: Misalignments of the vertebrae caused by poor posture or trauma result in pressure on the spinal cord, which may lead to diminished function and illness. The job of chiropractic doctors, or D.C.s, is to analyze and correct these misalignments through spinal manipulation or adjustment. Some chiropractors may incorporate complementary therapies such as oriental medicine into their practices. (See page 51.)

NETWORK CHIROPRACTIC SPINAL ANALYSIS. Network chiropractic spinal analysis views the spine as a powerful "switchboard of consciousness." The method is based on the belief that



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These special listings will be placed in the appropriate category, as close as possible to your geographic location.

Please enclose your photograph or logo and a 50-word description with the order form.

ADDITIONAL PHONE NUMBER OR ADDRESS:
A listing is limited to one phone number and one address. If you have more than one phone number or address, please photocopy the order form and write up a separate order for each new listing with a different address or phone number. The price for each new listing is $20 per standard; $40 per enhanced; $80 per enhanced with text; $200 per photo/logo listing.

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NOTE:
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(Provides for 50-word description of your practice with your photograph or logo.) Attach your 50 words of text and photograph or logo to this page. Please type or print listing information legibly!

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PRACTICE NAME

OFFICE ADDRESS CITY

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- ☐ Alexander Technique
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- ☐ Beauty/Skin Care
- ☐ Biofeedback
- ☐ Body Oriented Psychotherapy
- ☐ Body-Mind Counseling
- ☐ Bonnie Prudden Myotherapy ™
- ☐ Chelation Therapy
- ☐ Chinese Medicine
- ☐ Chiropractic
- ☐ Colon Therapy
- ☐ Craniosacral Therapy
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- ☐ Holistic Medical Specialties
- ☐ Holistic Medicine
- ☐ Holistic Nursing
- ☐ Holistic Psychiatry
- ☐ Holistic Therapy
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spinal adjustment can serve to unify the physical, emotional, and mental body with a universal intelligence or consciousness. Practitioners are listed under two categories: Association for Network Chiropractic (members of the Association exclusively practice network chiropractic spinal analysis) and Network Chiropractic Spinal Analysis (these practitioners incorporate network chiropractic spinal analysis in their work, but may use other techniques as well). (See pages 56 and 59.)

COLON THERAPY. Also termed colon irrigation, colon hydrotherapy, or simply colonics, colon therapy involves the cleansing of the large intestine with warm purified water. A single colonic treatment is said to be equivalent to several enemas in removing toxic debris from the colon. Colon therapy is often performed in concert with other treatments including massage, cleansing fasts, and food-combining diets. (See page 59.)

CRANIOSACRAL THERAPY. Craniosacral therapy is a manual therapeutic procedure that treats distortions in the structure and function of the craniosacral mechanism—the brain and spinal cord, the bones of the skull, the sacrum, and interconnected membranes. It can be used to relieve chronic pain, migraine headaches, TMJ, and a range of other conditions. The technique is performed by dentists, chiropractors, osteopaths, and all types of licensed therapists, including massage- and physical therapists, nurses, etc. (See page 60.)

HEALTH CENTERS/CLINICS. The inpatient and outpatient settings found in this category offer a variety of alternative and allopathic therapies to encourage wellness and treat disease. Some clinics operate under the auspices of hospitals. (See page 62.)

HERBALISM. An ancient form of healing still widely used in much of the world, herbalism uses natural plants or plant-based substances to treat a range of illnesses and to enhance the functioning of the body's systems. Though herbalism is not a licensed professional modality in the United States, herbs are "prescribed" by a range of practitioners, from holistic M.D.s to acupuncturists to naturopaths. (See page 64.)

HOLISTIC DENTISTRY. Holistic dentists are licensed dentists who bring an interdisciplinary approach to their practice, often incorporating such methods as homeopathy, nutrition, and acupuncture

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into their treatment plans. Most holistic dentists emphasize wellness and preventative care while avoiding (and often recommending the removal of) silver-mercury fillings. (See page 65.)

HOLISTIC MEDICAL SPECIALTIES. This general category includes such specialties as arthritis treatment, cancer treatment, chemical dependency and addiction treatments, environmental medicine, family medicine, holistic podiatry, integrative medicine, orthomolecular medicine, orthopedic medicine, sports medicine, and more. (See page 67.)

HOLISTIC MEDICINE. Holistic medicine is a broadly descriptive term for a healing philosophy that views a patient as a whole person, not just as a disease or as a collection of symptoms. In the course of treatment, holistic medical practitioners may address a client's emotional and spiritual dimensions, as well as the nutritional, environmental, and lifestyle factors that may contribute to an illness. Most holistic medical practitioners combine conventional forms of treatment (such as medication and surgery) with natural or alternative treatments where appropriate. (See page 67.)

HOLISTIC NURSING. More a philosophy than a series of practices, holistic nursing is a "lifestyle of conscious action" embraced by registered or licensed nurses that emphasizes care for the body, mind, and spirit of the patient. Some holistic nurses work in independent practices, offering primary and chronic care that incorporates a variety of alternative methods, from homeopathy to therapeutic touch. (See page 72.)

HOLISTIC THERAPY. The practitioners listed here offer a range of treatments and services for healing both body and mind. (See page 73.)

HOLISTIC VETERINARY MEDICINE. Practitioners of holistic veterinary medicine are typically licensed D.V.M.s who incorporate both conventional and holistic modalities in serving the well-being of their animal patients. Alternative treatments can include homeopathy, acupuncture, chiropractic and massage, clinical nutrition, herbal medicine, aromatherapy, and more. (See page 73.)

SELF-CARE

THE NATURAL MEDICINE CHEST

Essential herbs and remedies for home healing.

If you're tired of relying on Dristan and the like and want to stock a natural medicine chest, here's some advice from **Richard Grossman**, author of *The Other Medicines* and *The Natural Family Doctor*. As former director of the Health in Medicine Project at Montefiore Hospital in the Bronx, Grossman taught medical residents how to use traditional healing systems such as herbalism, homeopathy, and acupuncture, and supervised walk-in clinics in which alternative therapies were regularly prescribed in conjunction with conventional medical treatments.

Although herbs can be used in a number of forms, Grossman generally prefers to make them into teas. He recommends a standard dose of one ounce of dried herb per cup of water. Steep the herbs in boiling water for five to six minutes in a porcelain, glass, ceramic, or enamel pot and then strain the herbs out. It's best to avoid metal pots since they may leach the herb's active ingredients. Grossman recommends drinking a cup of tea at the onset of symptoms and repeating the dose up to three times a day if the symptoms persist.

To retain their freshness, herbs should be stored in airtight glass jars in a dark closet. If herbs have lost their scent and color or smell musty, you should replace them. Some experts believe tinctures—herbs mixed with alcohol—will retain their potency longer than dry herbs will.

Chamomile: for nervous tension and poor digestion. One of the nation's best-selling herbs and a mainstay of folk medicine, soothing chamomile tea is "particularly helpful for upset stomachs, gas, poor digestion, and menstrual tension. It's a lovely herb that's excellent for calming the nerves."

Coltsfoot: for coughs. Grossman suggests keeping this herb on hand to treat any kind of cough. "The Latin name actually means 'the plant that stops coughing.' It's a very fluffy, nice herb that contains lots of vitamin C, calcium, and potassium." Grossman also recommends this tea for people with sinus

HOLISTIC VISION THERAPIES. Holistic vision therapies maintain that through exercise and relaxation techniques, vision may actually be improved to the point that glasses may no longer be needed. Therapies are typically offered by licensed optometrists and opthalmologists: Patients range from toddlers whose eyes cross to retired adults whose visual fatigue interferes with reading or hobbies. (See page 74.)

HOMEOPATHY. Homeopathy is a medical system that uses infinitesimal doses of natural substances—called remedies—to stimulate a person's immune and defense system. A remedy is individually chosen for a sick person based on its capacity to cause, if given in overdose, similar physical and psychological symptoms to those that a patient is experiencing. Common conditions homeopathy addresses are infant and childhood diseases, infections, fatigue, allergies, and chronic illnesses such as arthritis. (See page 74.)

IRIDOLOGY. Iridology is a diagnostic system that holds that the eyes are windows to a person's overall health. The sys-

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troubles who have coughs related to post-nasal drip. For tougher coughs, coltsfoot can be used in combination with stimulating respiratory herbs such as horehound or hyssop.

Echinacea: for colds and infections. This herb, which served as the primary medicine for the Plains Indians, is widely touted as a natural antibiotic and immune-enhancer. "I take it primarily for colds, gum abscesses, or other superficial infections," says Grossman. Echinacea is slightly bitter as a tea, and can be taken in tincture or capsule form. The herb produces a distinctive numbing sensation when held in the mouth for a few minutes.

Some herbalists recommend taking echinacea regularly to build immunity but warn that since it loses its efficacy when taken continually, it's better to take it for two weeks at a time, with a two-week break in between.

Garlic: for enhancing the immune system. Both Grossman and his wife take garlic as a regular preventative measure for viral and bacterial infections. Aged, pressed garlic, available in capsule form, has the advantage of being odorless. Grossman takes three capsules a day; "more if I have an

continued →

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tem is based on the premise that every organ has a corresponding location within the iris of the eye, which can serve as an indicator of the individual organ's health or disease. Iridology is used by naturopaths and other practitioners, particularly when diagnosis achieved through standard methods is unclear. (See page 78.)

MACROBIOTIC COUNSELING. Macrobiotic counselors provide individually tailored education on the dietary causes and effects of health and disease. Counselors can assist people in making the transition to a low-fat, high-fiber "macrobiotic" diet of whole grains, vegetables, sea vegetables, and seeds. A diet of these natural foods, cooked in accordance with macrobiotic principles designed to synchronize our eating habits with the cycles of nature, is used to promote health and minimize disease. (See page 78.)

MIDWIFERY/CHILDBIRTH SUPPORT. Midwives provide education and support during pregnancy; assist the mother during labor and delivery; and provide follow-up care. Practitioners of childbirth support include childbirth educators, childbirth assistants, and doulas (women labor coaches who also provide

infection." Or garlic can be ingested raw: "My wife often eats four raw cloves a day with no complaints about the odor. She just chops it up, pops it in, and drinks a glass of water." Garlic offers nutritional as well as medicinal benefits —"it has lots of potassium, fluorine, sulfur, phosphorous, and vitamins A and C."

Peppermint: for digestive problems. This very pleasant tea is good for soothing the stomach and stopping vomiting. "Peppermint is a well-known stomachic," says Grossman. "That's why so many after-dinner mints are peppermint—because it stimulates digestion."

Eyebright (euphrasia) eyewash: for inflamed and tired eyes. To heal sties, eye irritation, eye inflammation, and conjunctivitis, Grossman suggests using an eyewash made from eyebright tea. Carefully filter it through paper towels or a coffee filter, let it cool, put it in a stoppered bottle, and store it in a cool dry place. "It's infinitely better than the commercial preparations that get so much advertising."

Myrrh and cayenne mouthwash: for gum infections. Grossman keeps myrrh and cayenne on hand because

postpartum home care). In some states, midwives can attend home births or practice in birthing clinics in hospitals. Some midwives are also licensed to provide "well-women" gynecological care, including screening tests and birth control. Backgrounds of midwives can range from those trained through apprenticeships to certified nurse midwives—registered nurses who have completed one to two years' extra training in an accredited midwifery program. Some naturopathic doctors and M.D.s specializing in OB/GYN are also listed under this heading. (See page 78.)

MISCELLANEOUS NATURAL HEALING. The practitioners listed under this category offer a wide range of natural and holistic services. (See page 79.)

NATUROPATHIC MEDICINE. Naturopathic medicine, a primary health care system emphasizing the curative power of nature, treats both acute and chronic illnesses in all age groups. Naturopathic physicians work to restore and support the body's own healing ability using a variety of modalities including nutrition, herbal medicine, homeopathic medicine, and oriental medicine. Naturopathic doctors are currently licensed by seven states

he has a vulnerability to gum disease and infections. "The herbalists call myrrh a healing stimulant, and it's certainly an antiseptic. Some people use it for stomach ulcers or for bad breath. It can also be applied externally in tea form to sores and wounds." For acute gum infection, he recommends a mouthwash made by putting a half-teaspoon of myrrh and a dab of cayenne powder in a three-ounce cup, filling with water, and rinsing.

In addition, the following two herbs can be purchased in ointment form:

Burdock ointment: for minor burns. Burdock ointment is particularly useful for minor burns, cuts, or other traumas to the skin. "For a more general complaint like sunburn, I might apply aloe or ordinary black (nonherbal) tea." Some people consider burdock an excellent blood purifier and drink it in tea form for acne or other skin problems.

Calendula ointment: for minor skin irritations. This ointment, made from the European cousin of the marigold, is particularly good for soothing "cracked fingers in the wintertime or quickly healing minor skin blemishes."

—*J. K.*

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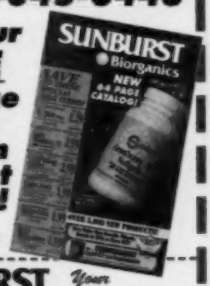

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NUTRITION. Nutrition and diet can be used to promote wellness and as a primary or adjunct therapy for certain illnesses and conditions, from high blood pressure to diabetes. Nutritionists offer counseling on a broad range of subjects ranging from vitamins and minerals to food allergies to weight loss. (See page 83.)

OSTEOPATHIC MEDICINE. Like M.D.s, osteopathic physicians, or "D.O.s," provide comprehensive medical care, including preventative medicine, diagnosis, surgery, prescription medications, and hospital referrals. In diagnosis and treatment, D.O.s pay particular attention to the joints, bones, muscles, and nerves, and are specially trained in osteopathic manipulative treatment—using their hands to diagnose, treat, and prevent illness. D.O.s are licensed to perform surgery and prescribe medication in all fifty states. (See page 85.)

PAIN MANAGEMENT. Pain-management techniques cover a broad spectrum, from exercise and mental-health counseling to surgery and medication. Practitioners who offer methods of relieving or coping with chronic pain include medical doctors, dentists, chiropractors, podiatrists, psychologists, nurses, dieticians, acupuncturists, social workers, biofeedback therapists, myotherapists, rehab counselors, physical therapists, and occupational therapists. (See page 86.)

WOMEN'S HOLISTIC HEALTH. This field includes practitioners and clinics offering a range of services addressing women's health concerns, from PMS to infertility. (See page 86.)

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3 **There are no mistakes, only lessons.** Growth is a process of trial and error, experimentation. The "failed" experiments are as much a part of the process as the experiment that ultimately "works."

4 **A lesson is repeated until it is learned.** A lesson will be presented to you in various forms until you have learned it. Then you can go on to the next lesson.

5 **Learning lessons does not end.** There is no part of life that does not contain its lessons. If you are alive, there are lessons to be learned.

6 **"There" is no better than "here."** When your "there" has become a "here," you will simply obtain another "there" that again looks better than "here."

7 **Others are merely mirrors of you.** You cannot love or hate something about another person unless it reflects to you something you love or hate about yourself.

8 **What you make of your life is up to you.** You have all the tools and resources you need; what you do with them is up to you. The choice is yours.

9 **The answers lie inside you.** The answers to life's questions lie inside you. All you need to do is look, listen, and trust.

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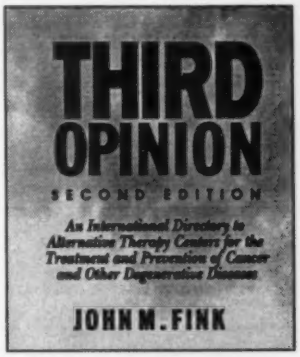

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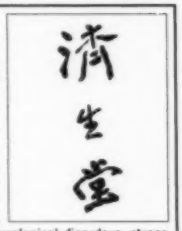

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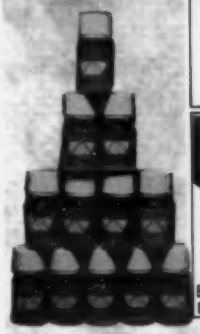

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A family united in a vision of personal and planetary healing and transformation through spinal adjustments.

See glossary definitions under ***"NETWORK CHIROPRACTIC"***.

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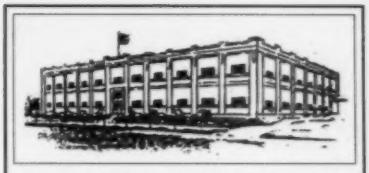

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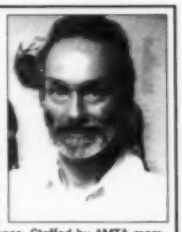

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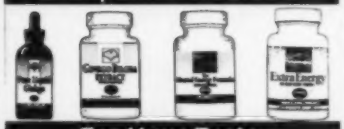

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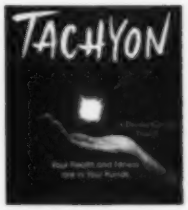

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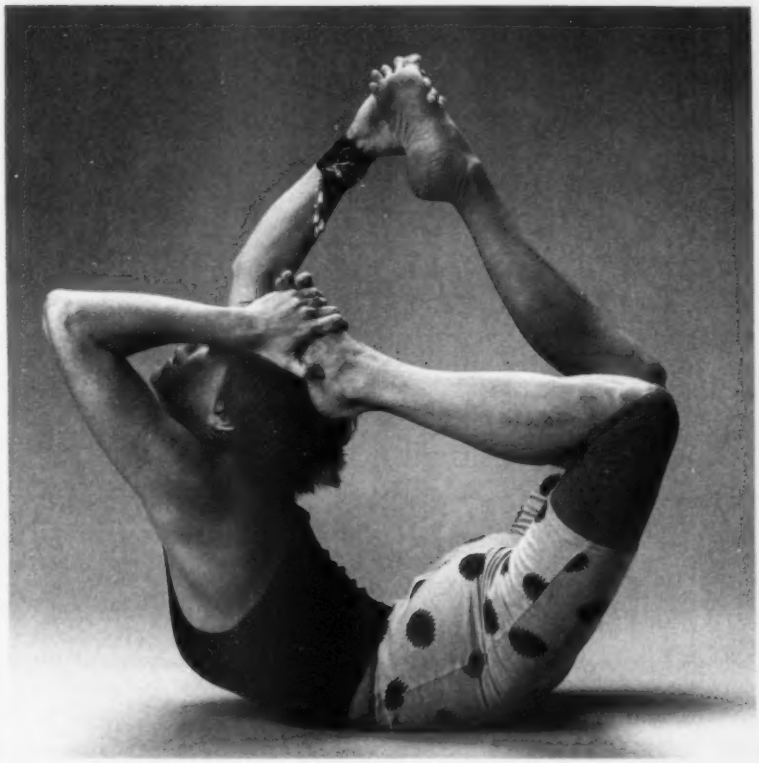

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AMMA THERAPY. Founded and developed by Tina Sohn, AMMA Therapy utilizes techniques and treatment strategies that integrate traditional oriental medical principles for assessing and evaluating general energy imbalances with the Western approach to organ dysfunctions. (See page 100.)

BARBARA BRENNAN HEALING SCIENCE. Developed by physicist, teacher, and healer Barbara Brennan, this spiritual healing system seeks to reorganize and heal the client's energy field. Using both hands-on techniques and other approaches, the healer works to clear the client's field of unhealthy and blocked energies, charge depleted areas, repair distorted patterns, and balance the entire field. The goal is to promote health and healing on physical, emotional, mental, and spiritual levels. Certified practitioners are graduates of the four-year training program at the Barbara Brennan School of Healing on Long Island, New York. (See page 100.)

BONNIE PRUDDEN MYOTHERAPY. Developed by fitness expert Bonnie Prudden in 1976, this bodywork method is intended to relax muscle spasms, im-

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prove circulation, and alleviate pain. The practitioner, using elbows, knuckles, or fingers, applies pressure for several seconds to "trigger points"—highly irritable spots on muscle tissue that may radiate pain to other areas. Clients also perform specific exercises for the freed muscles. Bonnie Prudden Myotherapy differs from trigger point/myotherapy in its level of training (certified Bonnie Prudden myotherapists have completed a nine-month, 1,400-hour training program); in addition, practitioners require a doctor's referral before working with any patient. (See page 101.)

DANCE/MOVEMENT THERAPIES. Dance and/or movement therapy uses expressive movement as a therapeutic tool for both personal expression and psychological or emotional healing. Practitioners work with people with physical disabilities, addiction issues, sexual abuse histories, eating disorders, and other concerns. (See page 102.)

DEEP TISSUE BODYWORK. Deep tissue bodywork is a general term for a range of therapies that work to "unstick" the body's connective tissues and/or muscles to encourage them to function properly again. Among the conditions deep tissue bodywork treats are whiplash, low back and neck pain, and degenerative diseases such as multiple sclerosis. (Examples of deep tissue bodywork include Rolfing and Hellerwork.) (See page 102.)

ENERGY FIELD WORK. Practitioners of this range of therapies look for weaknesses in the person's "energy field" in and around the body and seek to restore its proper circulation and balance. Energy channeled through the practitioner is directed to strengthen the body's natural defenses and help the person's physical, mental, emotional, and/or spiritual state. Sessions may or may not involve the physical laying on of hands; visualization and discussion may also be used as part of therapy. (See page 103.)

FELDENKRAIS METHOD/ AWARENESS THROUGH MOVEMENT. The Feldenkrais Method combines movement training, gentle touch, and verbal dialogue to help create freer, more efficient movement. Feldenkrais takes two forms: In individual hands-on sessions ("Functional Integration"), the practitioner's touch is used to address the student's breathing and body alignment; and in a series of classes of slow, nonaerobic motions ("Awareness Through Movement"), students "relearn" improved ways their bodies can move. The Method is frequently used to treat stress and tension, to prevent recurring injury, and to help athletes and others improve their balance and coordination. (See page 104.)

HELLERWORK. Developed by former aerospace engineer (and one-time Rolf Institute president) Joseph Heller, this technique combines deep-tissue muscle therapy and movement reeducation with dialogue about the emotional issues that may underlie a physical posture. (For example, feelings of insecurity may manifest themselves in stooped shoulders.) Participants go through eleven sixty- to ninety-minute sessions. Stressing the mind-body connection, Hellerwork is used to treat chronic pain or to help "well" people learn to live more comfortably in their bodies. (See page 106.)

INFANT MASSAGE. Taught to new parents by trained instructors, infant massage practices are designed to enhance the bonding between parent and baby. As preventative therapy, infant massage can help strengthen and regulate a baby's respiratory, circulatory, and gastrointestinal functions, often relieving gas and colic, while relaxing both parent and child. (See page 107.)

JIN SHIN DO BODYMIND ACUPRESSURE. Developed by psychotherapist Iona Marsaa Teeguarden, Jin Shin Do combines acupressure, Taoist yogic philosophy and breathing methods, and Reichian segmental theory (which addresses how emotional tension affects the physical body), with the goal of releasing physical and emotional tension and "armoring." Jin Shin Do is said to promote a pleasant trance state in which the participant can address the emotional factors that may underly various physical conditions. (See page 107.)

JIN SHIN JYUTSU. Jin Shin Jyutsu is an oriental system intended to harmonize the flow of energy through the body. The system holds that tension, fatigue, or illness can trap energy in the body's twenty-six "safety energy locks": Practitioners use their hands to restore balance and reduce stress. Jin Shin Jyutsu is not a form of massage, however, as it does not involve physical manipulation of the muscles. (See page 107.)

KINESIOLOGY. Kinesiology is a diagnostic system based on the premise that individual muscle functions can be used to provide information about a patient's overall health. Practitioners test the

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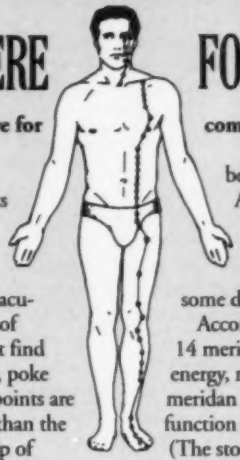
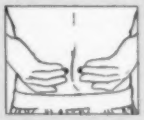
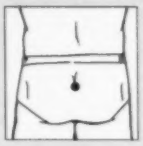


Acupressurists say that pressing specific points on the body can have a soothing effect on your body and mind. What follows are commonly used acupressure points for a variety of problems. If you can't at first find the exact spot on your body, poke around a bit—acupressure points are generally a bit more tender than the surrounding area. Use the tip of your index finger, your middle finger, or both side by side. In some spots, it may be easier to use your thumb. A few seconds of pressure, repeated several times, will often be enough. You should push till you feel some discomfort.

According to acupressure theory, 14 meridians, or major channels of energy, run through your body. Each meridan is named for the organ or function connected to its energy flow. (The stomach meridian and its points are illustrated here.) Stimulating these points can release blocked energy.



■ Try pressing on these two points simultaneously the next time your back is feeling at all sore. You can find them on either side of the lower spine, just around the corner from the bottom-most rib.



■ Acupressurists say you can give a lift to an aching back with a little pressure on this point, just beneath the tip of the tailbone.

■ For these points (one on each side), you'll have to press hard. They lie deep below the skin. Look for the center of the depression at the sides of your buttocks. Press both sides simultaneously for low back pain.

■ Located on both sides of the forehead, lateral to the eyebrows and about a finger's width away, you will find two points for dealing with headaches.

■ A finger press right between the eyes can bring headache relief, according to ancient Chinese tradition.

■ Two finger widths below your belly button you'll find a spot used to treat menstrual pain. Acupressurists suggest you start therapy several days before your period is due and continue for several days after.

■ Three finger widths under each kneecap, at the side of your leg, you'll find additional points for combating menstrual difficulties.

■ To relieve nocturnal leg cramps, acupressurists apply strong pressure to the points behind the knee, in the center of the calf, and where the Achilles tendon joins the calf muscle.

■ This point, located under the little finger at the first crease of the wrist, is pressed to treat insomnia.

■ Pressing these two points, right at the natural hairline on either side of the spine, is an additional anti-insomnia measure.

ILLUSTRATIONS COURTESY RODALE PRESS

■ Pressing these points, just below the collarbone, is said to help quiet coughing. Pressure here is also supposedly helpful in treating asthma. (Note: These conditions may require a doctor's care.)

■ Just above the breastbone you'll find a point to press for nagging hiccups.

■ For temporary relief of toothache, acupressurists suggest pressing right above the corner of the jaw on the affected side.

■ Tennis elbow anyone? If so, pressure on the outside of your little finger's knuckle (on the hand *opposite* the injury) may help volley the pain into oblivion.

■ For hamstring pain, some athletes find relief by pressing this point, midway between the back of the knee and the elastic on their underwear. Again, the leg *opposite* the injury is pressed.

■ Athletes press this spot just before an athletic event for greater energy. It's right at the nape of the neck. Push hard and quickly against it ten times.

■ Many important acupressure points are located on the ear. This particular one is said to be a terrific pick-me-up spot. As with all ear points, expect to feel a hot stinging sensation during pressure.

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strength and mobility of certain muscles, analyze a patient's posture and gait, and inquire about lifestyle factors that may be contributing to an illness. Nutrition, muscle and joint manipulation, diet, and exercise may then be used as part of a treatment plan. Kinesiology is used by professionals licensed to diagnose, such as chiropractors, dentists, medical doctors, and osteopaths. (See page 108.)

MANUAL LYMPH DRAINAGE. Manual Lymph Drainage is a form of gentle, whole-body massage aimed at stimulating the lymphatic system to carry away excessive fluid in the loose connective tissue. This noninvasive, painless therapy is intended for conditions such as acute and chronic edema (swelling), neuromuscular disorders, headaches, acne, and sinus congestion. Working under a physician's referral, certified therapists also treat post-mastectomy patients' pain, edema, and fibrosis. (See page 108.)

MASSAGE THERAPY. This is a general term for a range of therapeutic approaches with roots in both Eastern and Western cultures. It involves the practice of kneading or otherwise manipulating a person's muscles and other soft tissue with the intent of improving a person's well-being or health. (See page 108.)

MISCELLANEOUS BODYWORK. Practitioners in this category offer a wide range of massage, bodywork, energy, and movement techniques. Some practitioners listed may also use nutritional counseling, homeopathy, meditation, and other complementary approaches as part of their practice. (See page 122.)

MUSCULAR THERAPY. This general term incorporates a range of bodywork methods and practices that have a therapeutic (not simply relaxing) intent. Practitioners stress client education and follow-up. Among the conditions muscular therapy addresses are chronic back pain, headaches, tension, and emotional illnesses. (See page 123.)

NEUROMUSCULAR THERAPY. Neuromuscular therapy emphasizes the role of the brain, spine, and nerves in muscular pain. One goal of the therapy is to relieve tender congested spots in muscle tissue and compressed nerves that may radiate pain to other areas of the body. (See page 124.)

OHASHIATSU. Ohashiatsu is a system of physical techniques, exercise, and medi-

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tation used to relieve tension and fatigue and induce a state of harmony and peace. The practitioner first assesses a person's state by feeling the *hara* (the area below the navel). Then, using continuous and flowing movements, the practitioner presses and stretches the body's energy channels, working in unison with the person's breathing. (See page 125.)

ORTHO-BIONOMY. Developed by a British osteopath, Ortho-Bionomy involves the use of noninvasive, gentle touch along with dialogue and instruction in common movements such as walking, sitting, standing, and reaching. Practitioners may also sometimes work with the energy field surrounding the person. The goal of the work is the student's enhanced well-being and empowerment—rather than physical healing, per se. (See page 125.)

PHOENIX RISING YOGA THERAPY. Phoenix Rising is a specific type of yoga therapy based on the theory that unresolved emotional experiences are stored in the body and hidden from conscious awareness, thus inhibiting the body's natural freedom. A therapy session combines yoga posture instruction with dialogue techniques to facilitate deep release of both physical and emotional tension. (See page 126.)

PHYSICAL/OCCUPATIONAL THERAPIES. Physical therapy is concerned with health promotion, disability prevention, and promoting recovery from disabling conditions such as a bone fracture, head injury, or stroke. Therapists use massage, exercise, electrical stimulation, ultrasound, and other methods to help the patient regain functional movement. Occupational therapists help similarly afflicted clients regain the skills needed to resume an independent, productive life. (See page 127.)

POLARITY. Polarity is a system that holds that energy fields and currents exist throughout nature and that the flow and balance of this energy in the human body is the underlying foundation of health. In a polarity session, the practitioner may use bodywork and guidance in diet, exercise, and lifestyle to help balance this energy, release blocked energy, and support healing. Among the conditions polarity can be used for are back and neck pain, stress and fatigue, and menstrual pain. (See page 127.)

REFLEXOLOGY. Reflexology is a system that holds that specific points on the feet and hands correspond with organs

and tissues throughout the body. With fingers and thumbs, the practitioner applies pressure to these points to treat a wide range of stress-related illnesses and ailments. (See page 128.)

REIKI. Practitioners of this ancient Tibetan healing system use light hand placements to channel healing energies to the recipient. While practitioners may vary widely in technique and philosophy, Reiki is commonly used to treat emotional and mental distress, as well as chronic and acute physical problems, and to assist the recipient in achieving spiritual focus and clarity. (See page 129.)

REIKI PLUS. Developed by Reiki Master David Jarrell, Reiki Plus supplements traditional Reiki (in which light hand placements are used to channel healing energy to the client) with Psycho-Therapeutic Reiki (in which hand placements on the head are used to tap into the collective unconscious), nutritional counseling, and other natural healing techniques. Professional practitioners have completed 500 hours of classroom instruction either at the Reiki Plus Institute headquarters in Celina, Tennessee, or at other regional centers, and are accomplished in at least seven specific healing modalities. (See page 132.)

ROLFING. Developed by biochemist Ida P. Rolf, this technique uses deep manipulation of the fascia (connective tissue) to restore the body's natural alignment, which may have become rigid through injury, emotional trauma, and inefficient movement habits. The process involves ten sessions, each focusing on a different part of the body. Rolf practitioners are certified through the Rolf Institute in Boulder, Colorado. (See page 132.)

ROSEN METHOD. Developed by former physical therapist Marion Rosen, the Rosen Method combines gentle touch and verbal communication to evoke relaxation and self-awareness. Because the work can bring up buried feelings and memories, it is used as a tool for personal growth as well as pain relief. (See page 134.)

THE RUBENFELD SYNERGY METHOD. Developed more than thirty years ago by healer Ilana Rubenfeld, The Rubenfeld Synergy Method uses gentle touch, movement, verbal exchange, and imagination to access memories and emotions locked in the body. The approach integrates elements of the Alexander Technique, the Feldenkrais Method, gestalt therapy, and hypnotherapy. Because it combines bodywork and psychotherapy, The Rubenfeld Synergy Method may be used for specific physical or emotional problems, or for personal growth. Certified practitioners have completed a three-year, 1,600-hour professional training program. (See page 134.)

SHEN THERAPY. SHEN Therapy (the acronym stands for "specific human energy nexus") seeks to release deeply embedded painful emotion through the use of light hand placements. The practitioner applies his or her energy flow to the client's clothed body, thus seeking to "unblock" the client's energy flow. SHEN Therapy is primarily used to treat some chronic pain syndromes, as well as physio-emotional disorders such as stress-related disorders (gastric problems and migraine headaches, for example) and general anxiety disorders (often associated with childhood sexual or physical abuse). SHEN Therapy is also known as SHEN Physio-Emotional Release Therapy. (See page 135.)

SHIATSU. The most widely known form of acupressure, shiatsu has been used in Japan for more than 1,000 years to treat pain and illness and for general health maintenance. Using a series of techniques, practitioners apply rhythmic finger pressure at specific points on the body in order to stimulate *chi*, or vital energy. (See page 135.)

SOMA NEUROMUSCULAR INTEGRATION. This bodywork method seeks to improve posture, joint function, and body alignment through deep manipulation of the muscular and connective tissue. The ten-session process, which incorporates movement training and other adjuncts, also seeks to promote greater access to the functioning of each hemisphere of the brain. People with conditions such as chronic back pain, arthritis, asthma, scoliosis, and headaches have sought relief from this method. (See page 136.)

SPECIALIZED KINESIOLOGY. Specialized Kinesiologists seek to balance energy within and among the body's various systems—physical, mental, and emotional. (Applied kinesiology focuses more narrowly on physical or structural problems.) The practitioner uses muscle-testing as a biofeedback tool to retrieve information about the state of balance and vitality of the client, then attempts to balance the energies specific to the client's needs using techniques such as acupressure, chakra balancing, nutritional supplements, creative visualization, and others.

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STRUCTURAL INTEGRATION. A systematic approach to relieving patterns of stress and impaired functioning, structural integration seeks to correct misalignments in the body created by gravity and physical and psychological trauma. As in Rolfing, in ten sessions the practitioner uses hands, arms, and elbows to apply pressure to the fascia, or connective tissue, while the client participates through directed breathing. (See page 137.)

SWEDISH MASSAGE. The most commonly practiced form of massage in Western countries, Swedish massage integrates ancient oriental techniques with modern principles of anatomy and physiology. Practitioners rub, knead, pummel, brush, and tap the muscles. The reported physiological effects—ranging from relief of back spasms to relief of sleep disorders—have been traced to improved circulation and release of endorphins, the hormones known as the body's natural painkillers. Swedish massage is widely practiced; thus, practitioners will range greatly in training, technique, and length of session. (See page 137.)

TAI CHI/MARTIAL ARTS. The martial arts are perhaps best known as means of self-defense, but they are also used to improve physical fitness and promote mental and spiritual development. The highly disciplined movements and forms are thought to unite body and mind and bring balance to the individual's life. "External" methods (such as karate and judo) stress endurance and muscular strength, while "internal" methods (such as tai chi and aikido) stress relaxation and control. Tai chi has been used as part of treatment for back problems, ulcers, and stress. (See page 138.)

THERAPEUTIC TOUCH. Popularized by nursing professor Dolores Kreiger, therapeutic touch is practiced by registered nurses and others to relieve pain and stress. The practice is based on the premise that the human body is an open system of energies that are in constant flux and that illness is caused by a deficit or an imbalance of these energies. The therapeutic touch practitioner "assesses" where the person's field is weak or congested, and then uses his or her hands to direct energy into the field to balance it. (See page 139.)

TOUCH FOR HEALTH. A self-help technique taught by instructors, Touch For Health is a system of balancing the body's energy by applying gentle pressure to contracted muscles and other points along the body. Regular balancing is used to improve overall health and strengthen resistance to common ailments and physical complaints. (See page 140.)

TRAGER. Developed by Milton Trager, M.D., this movement-education approach seeks to address the mental roots of muscle tension. By gently rocking, cradling, and moving the client's body, the practitioner encourages the client to see that physically restrictive patterns can be changed. Tragerwork is meant to promote relaxation and increase mobility and mental clarity. The Trager method is used by athletes for performance enhancement, and by people with musculoskeletal problems, back problems, and more. (See page 140.)

TRIGGER POINT/MYOTHERAPY. Practitioners of this technique apply pressure to specific points on the body to relieve tension. Trigger points are tender, congested spots on muscle tissue that may radiate pain to other areas. Though the technique is similar to shiatsu or acupressure, this therapy uses Western anatomy and physiology as its basis. (See page 141.)

YOGA INSTRUCTION. Yoga instruction is a general term for a range of body-mind exercise practices used to access consciousness and encourage physical and mental well-being. Some forms concentrate on achieving perfection in posture and alignment of the physical body; others aim at mental control to access higher consciousness. Between these two forms are yogas that focus on the interrelationship of body, mind, and energy. (See page 141.)

YOGA THERAPY. Yoga therapy is an emerging field of practices that use yoga to address mental and physical problems while integrating body and mind. Practitioners work one-on-one or in group settings, assisting clients with yoga postures, sometimes combined with therapeutic verbal dialogue. (See page 144.)

ZERO BALANCING. Zero Balancing is a method for aligning body structure and body energy. Through touch akin to acupressure, the practitioner seeks to overcome imbalances in the body's "structure/energetic interface," which is said to exist beneath the level of conscious awareness. Zero Balancing is often used for stress reduction. (See page 144.)

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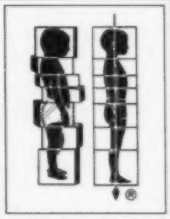

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COUNSELING

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The counselors listed here can offer help for both mind and body. You'll find them under the following categories:

ASTROLOGY. Astrology is the study of the positions of the planets in the solar system and their possible influence on human affairs. Based on this information, a counselor can work with a client to provide individualized insights into emotional, professional, and health matters, or into the personality. (See page 149.)

BIOENERGETICS. Bioenergetics holds that repressed emotions and desires affect the body and psyche by creating chronic muscular tension and diminished vitality and energy. Through physical exercises, breathing techniques, verbal psychotherapy, or other forms of emotional-release work, the therapist attempts to loosen this "character armor" and restore natural well-being. (See page 149.)

BIOFEEDBACK. A technique used especially for stress-related conditions such as asthma, migraines, insomnia, and high blood pressure, biofeedback is a way of monitoring minute metabolic changes in one's own body (e.g., temperature changes, heart rate, and muscle tension) with the aid of sensitive machines. By consciously visualizing, relaxing, or imagining while observing light, sound, or metered feedback, the client learns to make subtle adjustments to move toward a more balanced internal state. (See page 149.)

BODY-ORIENTED PSYCHOTHERAPY. Body-oriented psychotherapy seeks to enhance the psychotherapeutic process by incorporating a range of massage, bodywork, and movement techniques. Acknowledging the mind-body link, practitioners may use light touch, soft or deep tissue manipulation, breathing techniques, movement, exercise, or body-awareness techniques to help address emotional issues. (See page 150.)

BODY-MIND COUNSELING. This is a general term for a range of practices that combine bodywork with some form of verbal dialogue. *Counseling* can suggest a less formally systematic approach than the term *psychotherapy*, and can also encompass advice about diet or lifestyle issues. (See page 151.)

BART BARTHOLOMEW/BLACK STAR

FOCUSING. This self-help tool is based on the premise that information about one's life issues can be accessed through the body. When one feels a sense of discomfort about an issue, for example, Focusing on these "felt senses" can be used for greater understanding and to reach resolution. This skill can be used alone or in partnership with someone else for resolving day-to-day issues (such as decision-making), negotiating profound changes (such as recovery from abuse), and fostering spiritual development. (See page 153.)

HOLISTIC COUNSELING/PSYCHOTHERAPY. This broad category encompasses a range of practitioners, from those such as career counselors who offer advice and information to psychotherapists who treat depression, stress, addiction, and emotional issues. Formats can vary from individual counseling to group therapy. In addition to verbal counseling techniques, some holistic therapists may use bodywork, ritual, energy healing, and other alternative modalities as part of their practice. (See page 154.)

HOLISTIC PSYCHIATRY. As with all psychiatrists, holistic psychiatrists are trained in medical school in the diagnosis and treatment of mental illnesses. Psychiatrists who consider themselves "holistic" may also draw from a wide range of complementary modalities, including nutrition, homeopathy, energy healing, bodywork, and biofeedback. (See page 158.)

HYPNOTHERAPY. The term *hypnotherapy* refers to a range of techniques that allow practitioners to bypass the conscious mind and access the subconscious, where suppressed memories, repressed emotions, and forgotten events may remain recorded. Hypnosis may facilitate behavioral, emotional, or attitudinal change: Often used to help people lose weight or stop smoking, it's also used in the treat-

READINGS

EVERY BREATH YOU TAKE

Three mindfulness exercises for living fully in the moment.

BY THICH NHAT HANH

There are a number of breathing techniques you can use to make life vivid and more enjoyable. The first exercise is very simple. As you breathe in, say to yourself, "Breathing in, I know that I am breathing in." And as you breathe out, say, "Breathing out, I know that I am breathing out." Just that. You recognize your in-breath as an in-breath and your out-breath as an out-breath. You don't even need to recite the whole sentence; you can use just two words: "In" and "Out." This technique can help you keep your mind on your breath. As you practice, your breath will become peaceful and gentle, and your mind and body will also become peaceful and gentle. This is not a difficult exercise. In just a few minutes you can realize the fruit of meditation.

Here's another simple exercise to try. Recite these four lines as you breathe in and out:

Breathing in, I calm my body.
Breathing out, I smile.
Dwelling in the present moment,
I know this is a wonderful moment!

"Breathing in, I calm my body." Reciting this line is like drinking a glass of cool lemonade on a hot day—you can feel the coolness permeate your body. When I breathe in and recite this line, I actually feel my breath calming my body and mind.

"Breathing out, I smile." Did you know a smile can relax hundreds of muscles in your face? Wearing a smile on your face is a sign that you are a master of yourself.

"Dwelling in the present moment." While I sit here, I don't think of anything else. I sit here, and I know exactly where I am.

"I know this is a wonderful moment." It is a joy to sit, stable and at ease, and return to our breathing, our smiling, our true nature. Our appointment with life is in the present moment. If we do not have peace and joy right now, when will we have peace and joy—tomorrow, or after tomorrow?

TO MY MIND, THE IDEA THAT DOING dishes is unpleasant can occur only when you aren't doing them. Once you are standing in front of the sink with your sleeves rolled up and your hands in the warm water, it is really quite pleasant. I enjoy taking my time with each dish, being fully aware of the dish, the water, and each movement of my hands. I know that if I hurry in order to eat dessert sooner, the time of washing dishes will be unpleasant and not worth living. That would be a pity, for each minute, each second of life is a miracle. The dishes themselves and the fact that I am here washing them are miracles!

If I am incapable of washing dishes joyfully, if I want to finish them quickly so I can go and have dessert, I will be equally incapable of enjoying my dessert. With the fork in my hand, I will be thinking about what to do next, and the texture and the flavor of the dessert, together with the pleasure of eating it, will be lost. I will always be dragged into the future, never able to live in the present moment.

Each thought, each action in the sunlight of awareness becomes sacred. In this light, no boundary exists between the sacred and the profane. I must confess it takes me a bit longer to do the dishes, but I live fully in every moment, and I am happy. Washing the dishes is at the same time a means and an end—that is, not only do we do the dishes in order to have clean dishes, we also do the dishes just to do the dishes, to live fully in each moment while washing them.

IN VIETNAM, FORTY YEARS AGO, I WAS the first monk to ride a bicycle. At that time, it was not considered a very "monkish" thing to do. But today monks ride motorcycles and drive cars. We have to keep our meditation practices up to date and respond to the real situation in the world, so I have written a simple verse you can recite before starting your car:

Before starting the car,
I know where I am going.
The car and I are one.
If the car goes fast, I go fast.

Sometimes we don't really need to use the car, but because we want to get away from ourselves, we go for a drive. Our civilization teaches us to act this way and

Vietnamese Buddhist teacher Thich Nhat Hanh is the author of more than eighty books including Being Peace *(Parallax),* Peace Is Every Step *(Bantam), and most recently* Love in Action: Writings on Nonviolent Social Change.

ment of phobias, stress, and as an adjunct in the treatment of illnesses. (See page 159.)

INTUITIVE ARTS. A general term for various methods of divination, such as numerology, psychic reading, and tarot reading. Individuals may consult practitioners to seek information about the future, or insights into personal concerns or the personality. Among the modalities: Numerology emphasizes the significance of numbers derived from the spelling of names, birth dates, and other significant references. Psychics may claim various abilities, from finding lost objects and persons to communicating with the spirits of

provides us with many things we can use to lose touch with ourselves. If we recite this poem as we are about to turn the ignition key of our car, it can be like a torch, and we may see that we don't need to go anywhere. Wherever we go, our "self" will be with us; we cannot escape. So it may be better, and more pleasant, to leave the engine off and go out for a walking meditation.

It is said that in the last several years, two million square miles of forest land have been destroyed by acid rain, partly because of our cars. "Before starting the car, I know where I am going" is a very deep consideration. Where shall we go? To our own destruction? If the trees die, we humans are going to die also. If the journey you are making is necessary, please do not hesitate to go. But if you see that it is not really important, go instead for a walk along the river bank or through a park. You will return to yourself and make friends with the trees again.

Driving is a daily task in this society. I am not suggesting you stop driving, just that you do so consciously. While we are driving, we think only about arriving. Therefore, every time we see a red light, we are not very happy. The red light is a kind of enemy that prevents us from attaining our goal. But we can also see the red light as a bell of mindfulness, reminding us to return to the present moment. It becomes a friend, helping us remember that it is only in the present moment that we can live our lives.

From Peace Is Every Step, *by Thich Nhat Hanh. Copyright 1991 by Thich Nhat Hanh. Reprinted by permission of Bantam Doubleday Dell Publishing Group, Inc. All rights reserved.*

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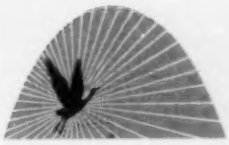

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the dead. Tarot readers interpret a deck of cards containing archetypal symbols. (See page 162.)

MISCELLANEOUS COUNSELING. The practitioners in this section draw from a wide range of techniques to encourage healing and facilitate personal growth. (See page 162.)

PAST-LIFE/REGRESSION THERAPIES. Past-life therapy and regression therapy are based on the premise that many physical, mental, and emotional problems are extensions of unresolved problems from the past—whether from childhood traumas or from experiences in previous lifetimes. The practitioner uses hypnosis (or altered states of consciousness) and relaxation techniques to access the source of this "unfinished business," and helps clients to analyze, integrate, and release past traumas that are interfering with their current lives. (See page 163.)

PATHWORK. Pathwork, a personal-growth process incorporating spirituality and psychology, encourages the individual to face and transform his or her "dark side" or shadow, with the goal of promoting integration, inner peace, and activation of the soul's greater consciousness. Through verbal dialogue, the practitioner assists the individual in the process of removing physical, emotional, mental, and spiritual "blocks" often related to past traumas. Pathwork is based on material received by medium Eva Pierrakos between the mid-'50s and her death in 1979. (See page 164.)

REBIRTHING. Also known as conscious-connected breathing (or by some practitioners as vivation), Rebirthing is a technique in which the therapist guides clients though breathing exercises to help them reexperience past memories—including birth—and to let go of emotional tensions long stored in the body. The goal is a greater sense of well-being, mental clarity, and reduced stress. (See page 164.)

SPIRITUAL/SHAMANIC HEALING. Practitioners of both spiritual healing and shamanic healing often regard themselves as conductors of healing energy or sources from the spiritual realm. Both may call upon spiritual "helpers" such as power animals (characteristic of the shaman), angels, inner teachers, the client's higher self, or other spiritual forces. Both forms of healing can be used as part of treatment for a range of emotional and physical illnesses. (See page 164.)

STRESS MANAGEMENT. Stress management encompasses a range of modalities designed to treat the physical and emotional toll of stress. The approaches used can include bodywork, meditation, counseling, energy work, and education. (See page 166.)

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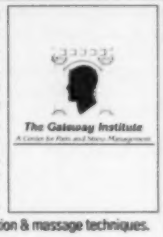

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RESOURCES

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These companies, groups, products, and services promote healing and a healthy lifestyle. You will find them listed here under the following categories:

BEAUTY/SKIN CARE. Natural products and treatments for hair, skin, and body. (See page 169.)

EDUCATION/PROFESSIONAL TRAINING. Schools and institutes train practitioners and individuals in a range of health and healing practices, including massage, psychotherapeutic techniques, self-help skills, natural therapies, and more. (See page 169.)

HEALTH SPAS/RETREAT CENTERS. Residential centers and travel opportunities offer a range of workshops, physical fitness programs, and natural therapies for rejuvenation and personal growth. (See page 182.)

INFORMATION/REFERRAL SERVICES. Sources of advice, information, or practitioner referrals for a broad range of holistic therapies and subjects. (See page 185.)

MEDITATION TEACHERS/CENTERS. Meditation is a general term for a wide range of practices that involve training one's attention or awareness so that body and mind can be brought into greater harmony. While some meditators may seek a mystical sense of oneness with a higher power or with the universe, others may seek to reduce stress or alleviate stress-related ailments such as anxiety and high blood pressure. Listings in this category include individual counselors as well as meditation centers and retreat centers. (See page 185.)

MISCELLANEOUS RESOURCES. Products and services include holistic travel, natural food, natural products, and more. (See page 186.)

PROFESSIONAL ASSOCIATIONS. These organizations offer information, education, and practitioner referrals in their specialized holistic health fields. (See page 186.)

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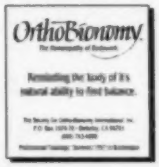

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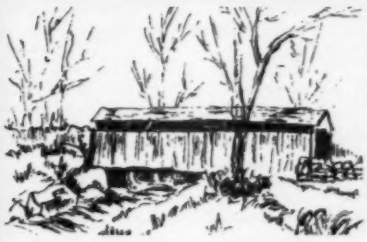

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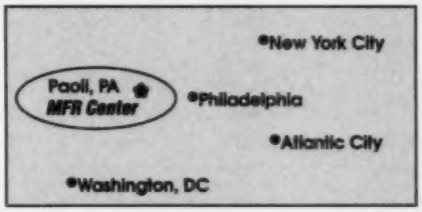

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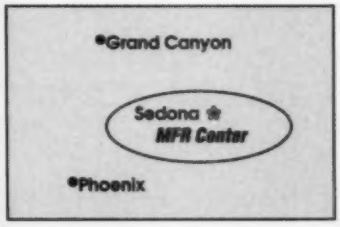

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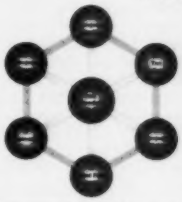

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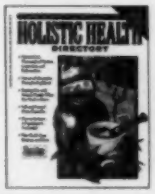

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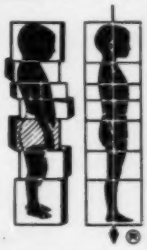

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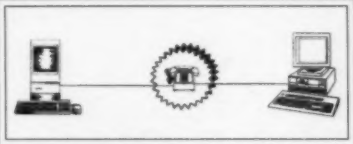

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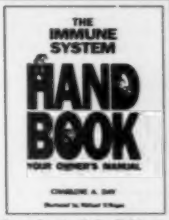

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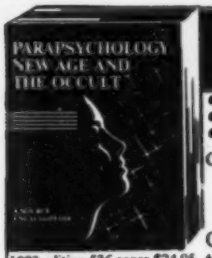

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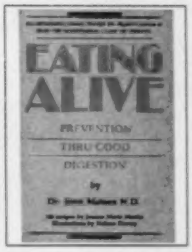

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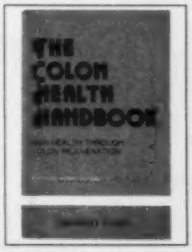

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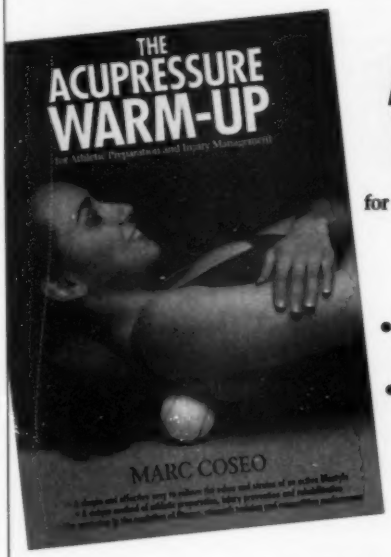

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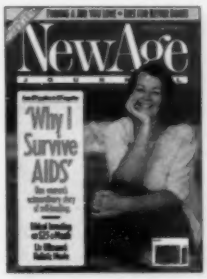

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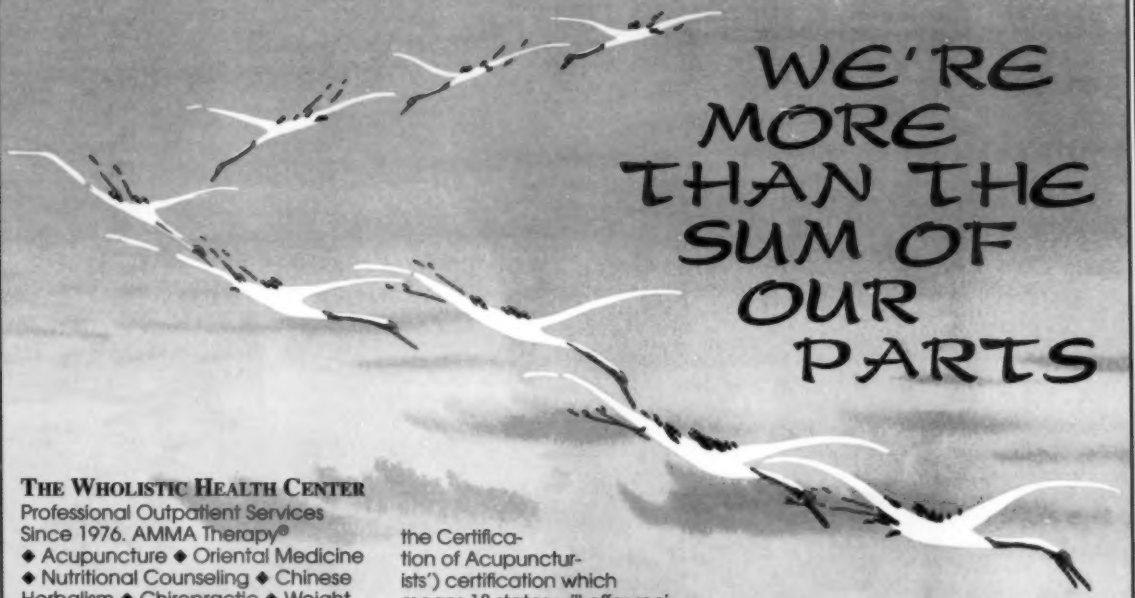

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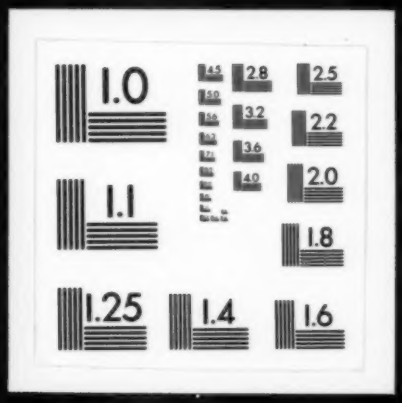
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